

Exercise & Diet Tracker

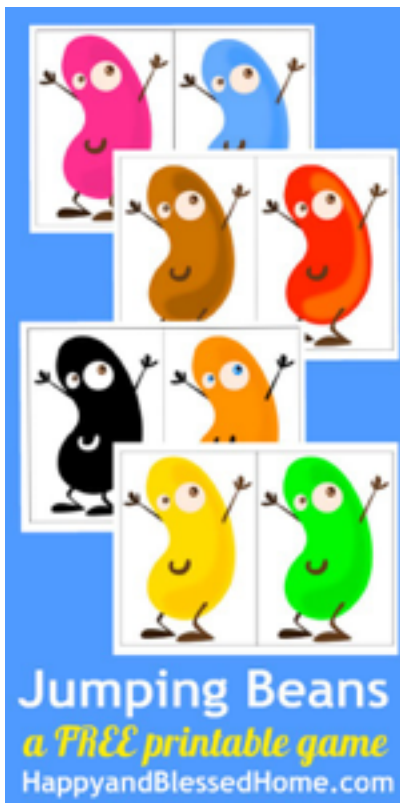


About the creator: Monica is a blogger at HappyandBlessedHome.com. Her passion is to be an **encouragement to moms** and she publishes **easy recipes, free printables** and **crafts for preschoolers, devotionals for moms**, and ideas for having **fun together as a family**.

If you enjoy these printables, you should [subscribe to HappyandBlessedHome.com](http://HappyandBlessedHome.com). There you'll find:

- * **free games and crafts for young children**
- * **free printables for teaching preschoolers,**
- * **encouraging posts for moms, and**
- * **great ideas for ways to have fun together as a family**

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[Jumping Beans](#)



[Family Faces](#)



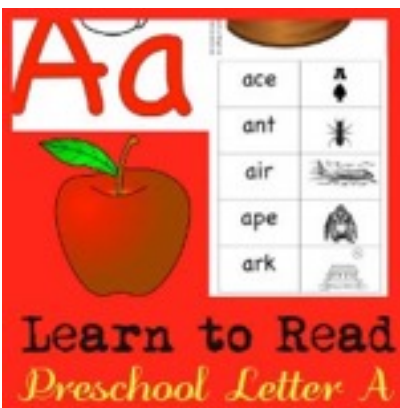
[Sesame Street Party](#)

Follow this link to: [Subscribe to HappyandBlessedHome.com](http://HappyandBlessedHome.com) and receive free activities for young children and fabulous ideas for family fun every week! Follow text links to these fun posts.

[Letter A](#)

[Letter B](#)

[Letter C](#)



[Letter D](#)



[FREE Montessori Planning Charts](#)



[Circle Time Printables](#)



GOALS MASTER LIST

Timeframe:

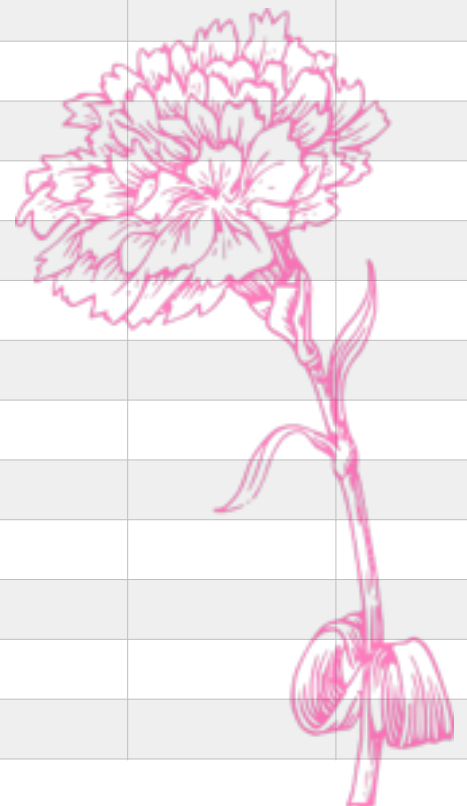
What are your fitness goals?

Now

Desired

Done

Set small, measurable goals that are time bound. Goals can include weight loss or gain, fitness level, size and/or strength.



DIET TRACKER

calories (include
snacks):

Water/fluids

Monday total daily calories:

Breakfast

Lunch

Dinner

Tuesday total daily calories:

Breakfast

Lunch

Dinner

Wednesday total daily calories:

Breakfast

Lunch

Dinner

Thursday total daily calories:

Breakfast

Lunch

Dinner

Friday total daily calories:

Breakfast

Lunch

Dinner

Saturday total daily calories:

Breakfast

Lunch

Dinner

Sunday total daily calories:

Breakfast

Lunch

Dinner

MONTH:

YEAR:

Sunday		Monday		Tuesday		Wednesday	
Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>
Duration:		Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:		Weight:	
Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>
Duration:		Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:		Weight:	
Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>
Duration:		Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:		Weight:	
Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>
Duration:		Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:		Weight:	
Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>	Activity:	<input type="checkbox"/>
Duration:		Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:		Weight:	



Month starting weight:		ending:		Notes:	
Thursday		Friday		track progress towards goal	
Activity:	<input type="text"/>	Activity:	<input type="text"/>	Activity:	<input type="text"/>
Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:	
Activity:	<input type="text"/>	Activity:	<input type="text"/>	Activity:	<input type="text"/>
Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:	
Activity:	<input type="text"/>	Activity:	<input type="text"/>	Activity:	<input type="text"/>
Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:	
Activity:	<input type="text"/>	Activity:	<input type="text"/>	Activity:	<input type="text"/>
Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:	
Activity:	<input type="text"/>	Activity:	<input type="text"/>	Activity:	<input type="text"/>
Duration:		Duration:		Duration:	
Calories Burned:		Calories Burned:		Calories Burned:	
Weight:		Weight:		Weight:	

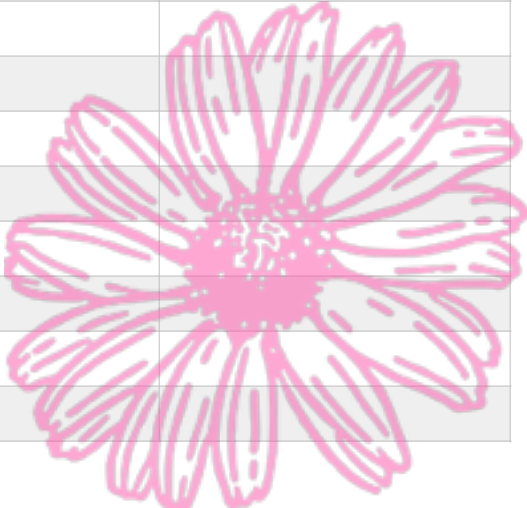
WEEK*:

YEAR:

	Sunday	Monday	Tuesday	Wednesday
6 AM				
6:30				
7 AM				
7:30				
8 AM				
8:30				
9 AM				
9:30				
10 AM				
10:30				
11 AM				
11:30				
12 PM				
12:30				
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6 PM				
6:30				
7 PM				
7:30				
8 PM				
8:30				
9 PM				
9:30				

*Schedule meal prep and exercise routine.

			Notes:
Thursday	Friday	Saturday	
6 AM			
6:30			
7 AM			
7:30			
8 AM			
8:30			
9 AM			
9:30			
10 AM			
10:30			
11 AM			
11:30			
12 PM			
12:30			
1 PM			
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2 PM			
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3 PM			
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4 PM			
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6 PM			
6:30			
7 PM			
7:30			
8 PM			
8:30			
9 PM			
9:30			



MENU PLAN

Week:

Notes:

estimated caloric intake

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

GROCERIES

Date:

Notes:

Bagged or Boxed Goods

store, household & misc. list

Canned or Bottled Goods

Dairy

Produce

Meats & Frozen Goods