

MY COMMITMENT:

Week of: _____

NUTRITION:

Short Term Weight Goal: _____ Long Term Weight Goal: _____

Daily Calories not to exceed: _____ (Circle day) (Write in time you will do this.)

Meal Planning: Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Food Shopping: Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Cooking: Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Meal Packing: Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

FITNESS TRAINING: 1lb=3,500 Calories Burned

Cardio _____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Cardio _____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Cardio _____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Strength _____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Strength _____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Strength _____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Rest Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

ACCOUNTABILITY:

BodyBugg Nutrition Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

BodyBugg Workouts Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

Personal Trainer Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

MOTIVATIONS:

_____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

_____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

_____ Sun Mon Tues Wed Thurs Fri Sat AM/PM _____

PLANNED OBJECTIVES:

_____ Date: _____

_____ Date: _____

_____ Date: _____

_____ Date: _____

NOTES:

EMPOWERED HEALTH AND FITNESS

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