

# YOU CAN DO IT!

*Success is steady progress toward one's personal goals.*

DATE: \_\_\_\_\_

BREAKFAST \_\_\_\_\_

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SNACK \_\_\_\_\_

LUNCH \_\_\_\_\_

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SNACK \_\_\_\_\_

DINNER \_\_\_\_\_

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VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY \_\_\_\_\_

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*How do you feel?* \_\_\_\_\_

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