



DAILY ACTION PLAN
For the Lindora Weight Loss Challenge

Breakfast	Time:	Protein Grams	Fat Grams	Carbs Grams	Calories
Protein:					
Fruit/Grain:					
Beverage:					
Snack	Time:				
Lunch	Time:				
Protein:					
Vegetable:					
Lettuce:					
Fruit:					
Miscellaneous:					
Beverage:					
Snack	Time:				
Dinner	Time:				
Protein:					
Vegetable:					
Lettuce:					
Fruit:					
Miscellaneous:					
Beverage:					
Snack	Time:				
TOTAL					

Date _____

Week _____ Day _____

Weight _____ Fluids (oz.) _____

Hips (Inch.) _____ Waist (Inch.) _____

 Today I was able to Eat Better because I

 Today I was able to Move More because I

Pedometer Steps: _____

 Today I was able to Stress Less because I

Today I feel really great about

Tomorrow I will focus on

