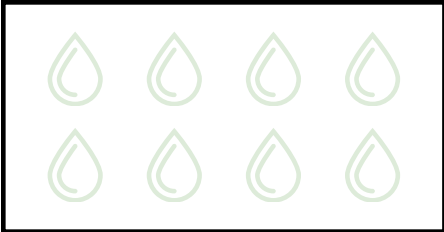
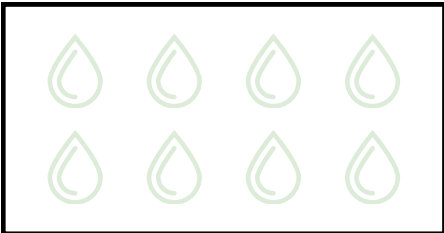
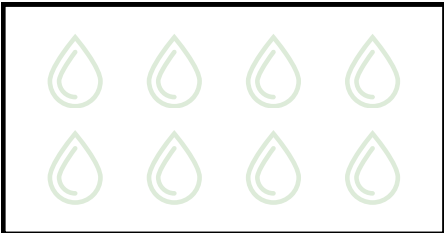
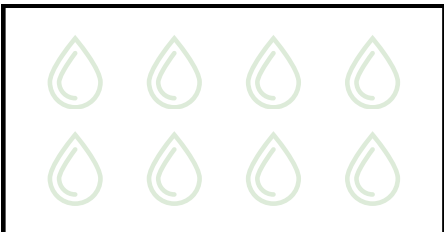
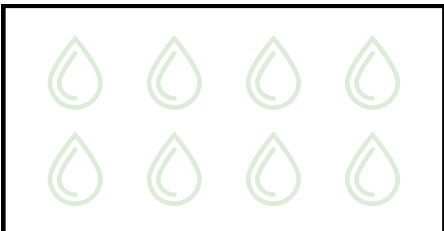
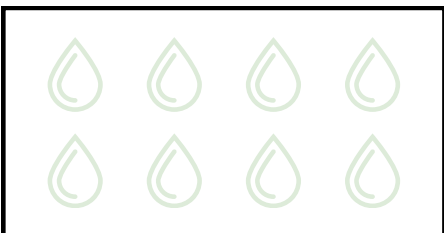


MEAL AND EXERCISE PLANNER

Week : _____ Month : _____

Day	Meal plan	Workout	Water tracker
Mon	Breakfast Lunch Dinner Snacks	Exercise	
Tues	Breakfast Lunch Dinner Snacks	Exercise	
Wed	Breakfast Lunch Dinner Snacks	Exercise	
Thurs	Breakfast Lunch Dinner Snacks	Exercise	
Fri	Breakfast Lunch Dinner Snacks	Exercise	
Sat	Breakfast Lunch Dinner Snacks	Exercise	
Sun	Breakfast Lunch Dinner Snacks	Exercise	