

FALL INTO
CHRISTMAS

LEVEL UP

SELF-COACHING
ACCOUNTABILITY GROUP



by Janye Sack

1

WEEKLY REPORT



ENERGY
IN

DATE CALORIES PROTEIN CARBS FATS FIBER

1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

1

WEEKLY REPORT



ENERGY
OUT

	DATE	GOAL	CARDIO (LISS)	CARDIO (HIIT)	TRAINING	STEPS
1						
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14						
15						
16						

2

WEEKLY REVIEW



DATE AVG WEIGHT WAIST/ BODYFAT% CRAVINGS/ ENERGY ADJUST? WHY? WHYNOT?

1

2

3

4

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6

7

8

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12

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16

3

WEEKLY PLAN



ENERGY
IN

	DATE	CALORIES	PROTEIN	CARBS	FATS	FIBER
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WEEKLY PLAN



ENERGY
OUT

	DATE	GOAL	CARDIO (LISS)	CARDIO (HIIT)	TRAINING	STEPS
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