



# SUNDAY

Mood and Motivation Description

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\_\_\_\_\_

Stamina level

- Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

## Time Spent on Daily Workout

SFN Sit Down & Shape Up 1 \_\_\_\_\_

SFN Sit Down & Shape Up 2 \_\_\_\_\_

SFN Stand Up & Slim Down \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

\_\_\_\_\_  
\_\_\_\_\_  
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Daily Fitness Goals

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Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)





# MONDAY

Mood and Motivation Description

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\_\_\_\_\_  
\_\_\_\_\_

Stamina level

- Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

## Time Spent on Daily Workout

SFN Sit Down & Shape Up 1 \_\_\_\_\_

SFN Sit Down & Shape Up 2 \_\_\_\_\_

SFN Stand Up & Slim Down \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

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\_\_\_\_\_  
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Daily Fitness Goals

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Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)





# TUESDAY

Mood and Motivation Description

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\_\_\_\_\_  
\_\_\_\_\_

Stamina level

- Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

**Time Spent on Daily Workout**

**SFN Sit Down & Shape Up 1** \_\_\_\_\_

**SFN Sit Down & Shape Up 2** \_\_\_\_\_

**SFN Stand Up & Slim Down** \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

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\_\_\_\_\_  
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Daily Fitness Goals

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Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)





# WEDNESDAY

Mood and Motivation Description

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\_\_\_\_\_

Stamina level

- Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

## Time Spent on Daily Workout

SFN Sit Down & Shape Up 1 \_\_\_\_\_

SFN Sit Down & Shape Up 2 \_\_\_\_\_

SFN Stand Up & Slim Down \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

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Daily Fitness Goals

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Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)





# THURSDAY

Mood and Motivation Description

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\_\_\_\_\_  
\_\_\_\_\_

Stamina level

- Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

**Time Spent on Daily Workout**

**SFN Sit Down & Shape Up 1** \_\_\_\_\_

**SFN Sit Down & Shape Up 2** \_\_\_\_\_

**SFN Stand Up & Slim Down** \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

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Daily Fitness Goals

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Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)





# FRIDAY

## Time Spent on Daily Workout

SFN Sit Down & Shape Up 1 \_\_\_\_\_

SFN Sit Down & Shape Up 2 \_\_\_\_\_

SFN Stand Up & Slim Down \_\_\_\_\_

## Mood and Motivation Description

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\_\_\_\_\_  
\_\_\_\_\_

## Stamina level

Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

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\_\_\_\_\_  
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Daily Fitness Goals

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## Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)





# SATURDAY

Mood and Motivation Description

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stamina level

- Weak  Semi Strong  Strong  Excellent

Blood Sugar Level \_\_\_\_\_

## Time Spent on Daily Workout

SFN Sit Down & Shape Up 1 \_\_\_\_\_

SFN Sit Down & Shape Up 2 \_\_\_\_\_

SFN Stand Up & Slim Down \_\_\_\_\_

Daily weigh in \_\_\_\_\_

Daily Diet Goals

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Daily Fitness Goals

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Milestones

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## BREAKFAST

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## DINNER

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## Snack

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

## LUNCH

Estimated Time \_\_\_\_\_

Portion Description \_\_\_\_\_

Hunger Level Description \_\_\_\_\_

- Fats, Oils & Sweets  Dairy Foods  Grains or Starch  
 Meat, Fish, Poultry, Eggs & Nuts  Fruit  Vegetable

Water (8-12 glasses a day recommended)

