





Week _____	Sample	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Eat Right								
Nonfat Dairy (2 servings daily) ½ cup = ½ baseball size 1 tsp = 1 dice size	✓							
Fruits and Vegetables (7 servings daily) A medium sized piece of fruit = baseball size 1 cup greens = baseball size Note: For best weight loss results, maximize your intake of vegetables, and minimize your fruit intake	✓							
Lean Protein (3 servings daily) 3 oz = fist size and the thickness of a deck of cards 2 Tbsp peanut butter = ping pong ball size	4							
Whole Grains (3 servings daily) ½ cup steel cut, Irish, or whole oats = racquet ball size Note: Grains may slow down weight loss, so minimize your intake of grains for best results.	1							
Healthy Fats (2 servings daily) 1 tsp extra virgin olive oil or low fat salad dressing 1 oz cheese = 4 dice stacked	✓							
Other (2 or less servings daily)	✓							
 Keep Moving								
Cardio	✓							
Weight Training	✓							

Beginning Weight: _____ Ending Weight: _____