

# Lean for Life!®

## DAILY ACTION PLAN

Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

Time	Serving	Serving Size	Carbs (grams)
<b>Breakfast</b>			
Protein			
Fruit or Grain			
Beverage			
<b>Snack</b>			
<b>Lunch</b>			
Protein			
Vegetable			
Lettuce			
Fruit			
Beverage			
Miscellaneous			
<b>Snack</b>			
<b>Dinner</b>			
Protein			
Vegetable			
Lettuce			
Fruit			
Beverage			
Miscellaneous			
<b>Snack</b>			
		<b>TOTAL</b>	

Keto Reading \_\_\_\_\_

Weight \_\_\_\_\_

Vitamin \_\_\_\_\_ AM \_\_\_\_\_ PM \_\_\_\_\_

Water \_\_\_\_\_

Activities/Duration: \_\_\_\_\_

# Pedometer Steps \_\_\_\_\_

### BODY MEASUREMENTS

Chest \_\_\_\_\_ Hips \_\_\_\_\_

Waist \_\_\_\_\_ Thighs \_\_\_\_\_

Abdomen \_\_\_\_\_

### SUCCESS LEARNING TOOLS

Read pages # \_\_\_\_\_

Affirmation \_\_\_\_\_

Other \_\_\_\_\_

Plan to Overcome Today's Obstacles: \_\_\_\_\_

Notes: \_\_\_\_\_

[leanforlife.com](http://leanforlife.com)

CHOOSE ONE DAY EACH WEEK AS YOUR "PROTEIN DAY."