

Weekly Adherence

This week's focuses:

Macros/Meal Plan : Hitting them/it daily!

Water Intake: Aim for around a gallon each day

Gym:Based on your plan

Cardio: Based on your Plan

Sleep: Aim for 6-8 hrs per night

Only check the box if you truly fulfilled the task.



	Macros/Meal Plan	Water (128oz)	Workout	Cardio	6-8 Hours Sleep
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					