

# 5 & 1 Plan Daily Success Tracker

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

Date: \_\_\_\_\_

Beginning of Week Weight: \_\_\_\_\_

End of Week Weight: \_\_\_\_\_

## Medifast Meals

(write time of meal in each box)

1

2

3

4

5

## Optional Snack

## Lean & Green Meal

Lean Protein

Salad/Vegetable

## Glasses of water (8 oz)

(check off each box)

1

2

3

4

5

6

7

8

## How I felt today:



good



okay



yucky

## Exercise/Activity:

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