

WHAT
COOKING
M

WEEK: _____

Shopping List

MO:

--

DI:

--

MI:

--

DO:

--

FR:

--

SA :

--

SO:

--

Goal of the week

[illegible]



DATE: _____

BREAKFAST

LUNCH

DINNER

SNACK

Water: 2 0 0 ml = 





 = 1.5l daily recommended 2l recommended
 = for physical activities

- Calorie intake: The average calorie requirement is approximately 2,000 calories per day for women and 2,500 calories per day for men. However, keep in mind that every person is individual and may not necessarily match the average.
- Weight loss: To burn 1 kilo of body fat, you need to save approximately 7,700 calories. If you eat 500 calories less per day than you burn, you can theoretically lose 1 kilo of fat in two weeks.
- Remember that a balanced diet and regular exercise are also important factors for successful weight loss.



DATE: _____

BREAKFAST

LUNCH

DINNER

SNACK

Water: 2 0 0 ml = 

☐		☐		☐		☐		☐	
☐		☐		☐		☐		☐	

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ACTIVITY TRACKER

NUMBER :

ACTIVITY

1 2 3

4

5

6

7

8

9

10

11

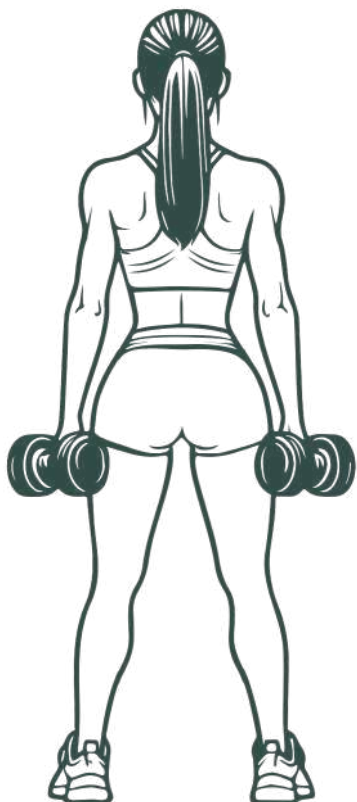
12

13

14

15

16



AEROBICS

BOXING

CYCLING GYM

HULA HOOP

JOGGING

CLIMBING

RUNNING

PILATES

SWIMMING

DANCING

WALKING

HIKING

WORKOUT YOGA

ZUMBA

DAILY ACTIVITIES

WEEK: _____

MO:	ACTIVITIES	DURATION

DI:	ACTIVITIES	DURATION

MI:	ACTIVITIES	DURATION

DO:	ACTIVITIES	DURATION

FR:	ACTIVITIES	DURATION

SA:	ACTIVITIES	DURATION

SO:	ACTIVITIES	DURATION

Goal of the week:

NOTE:

DAILY ACTIVITIES

WEEK: _____

MO:	ACTIVITIES	DURATION

DI:	ACTIVITIES	DURATION

MI:	ACTIVITIES	DURATION

DO:	ACTIVITIES	DURATION

FR:	ACTIVITIES	DURATION

SA:	ACTIVITIES	DURATION

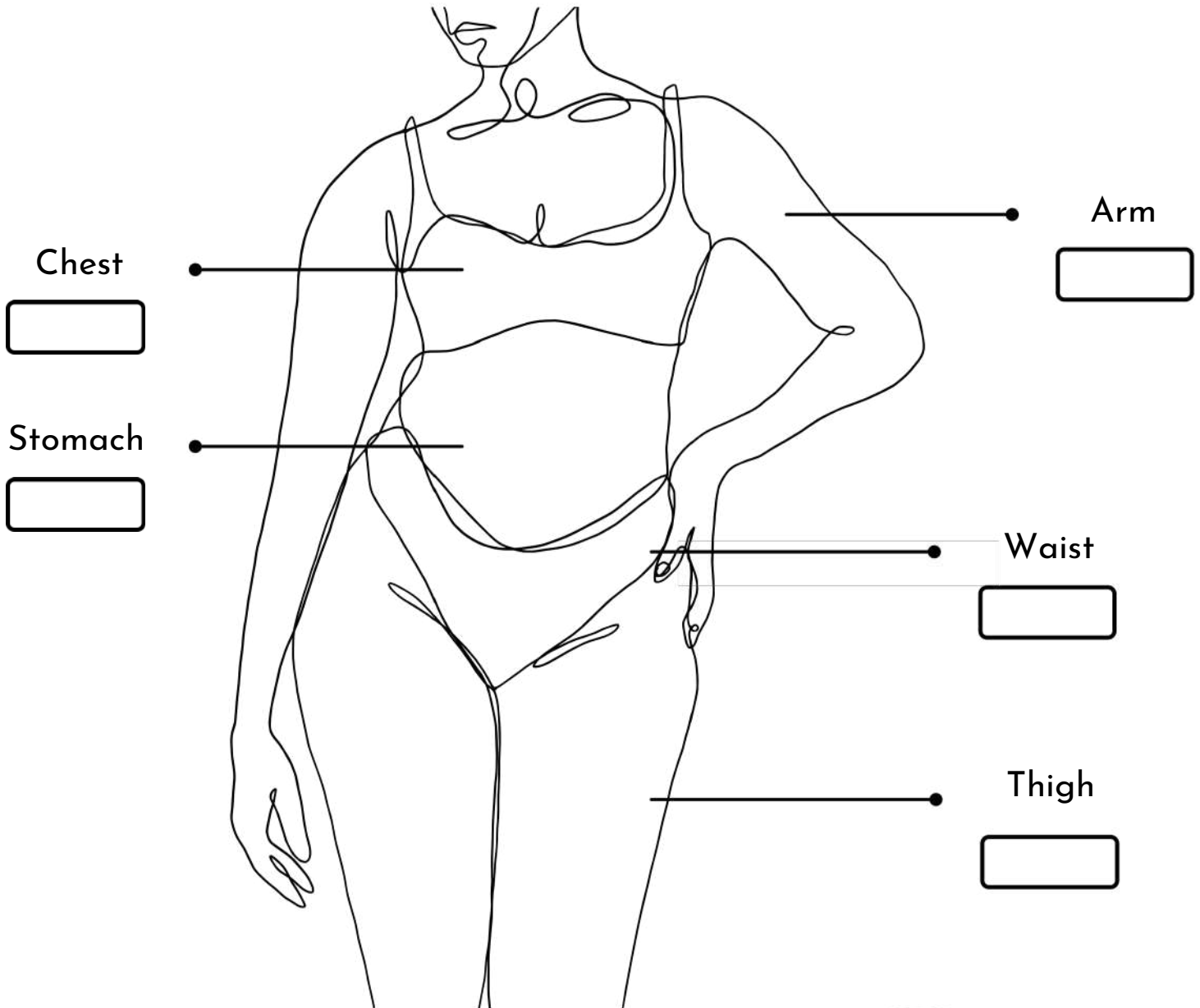
SO:	ACTIVITIES	DURATION

Goal of the week:

NOTE:

My BODY

START:

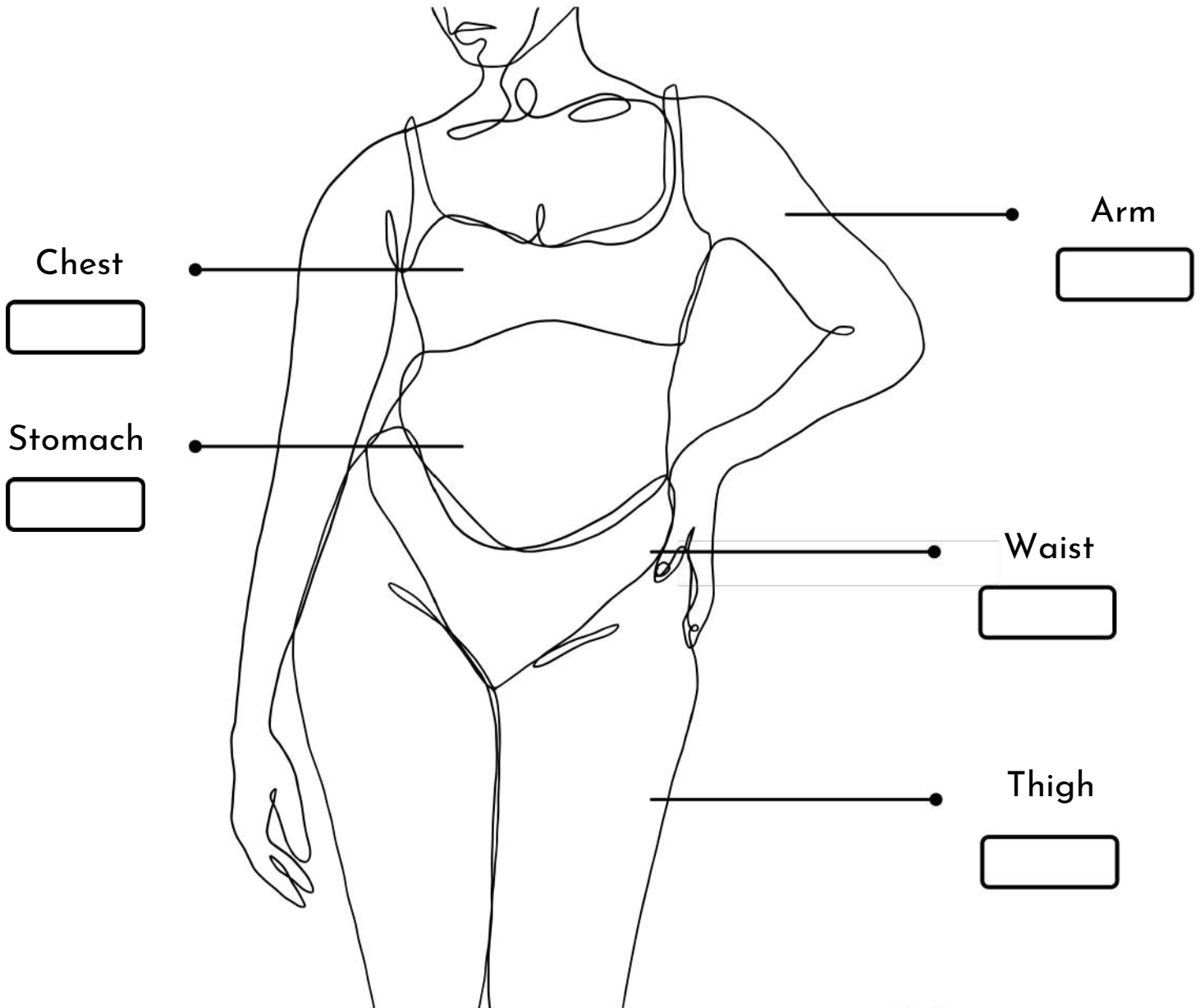


Weight: _____ /KG

GOAL:

My BODY

MONTH: _____



Weight: _____ /KG

GOAL:

A graphic consisting of a large, light olive-green circle. Overlaid on this circle is a smaller, dark teal circle. The text "My" is written in a black, cursive script font, and "WEIGHT" is written in a black, all-caps, sans-serif font. The text is centered within the teal circle.[illegible]

My CATALOGUE

Calorie information approx.
(per 100 g)

[illegible][illegible]

NOTE:

Calorie information approx.
(per 100g)

[illegible][illegible]

NOTE:

52 WEEK TRACKER



END
WEIGHT

My Nutrition Journal

