

**MY PERSONAL
 EATING PLAN**

Date:		Day:	Wake Up:	Go to Sleep:
Meal 1	Time:	Foods:		
Meal 2	Time:	Foods:		
Meal 3	Time:	Foods:		
Meal 4	Time:	Foods:		
Meal 5	Time:	Foods:		
Meal 6	Time:	Foods:		
Meal 7	Time:	Foods:		
Meal 8	Time:	Foods:		
Today's Workout Weight Training (Body Parts):				Time:
Cardio:				
Other (Training/Diet notes, mood, energy levels, etc.):				

PORTION REMINDER CHART

Household Items	Dinner Plate Sections
Hockey Puck – 1 serving starch	Part 1 – 2/3 non-starch vegetable
Deck of Cards – 1 serving meat	Part 2 – 1/3 meat
Baseball – 1 serving fruit	Part 3 – 1/3 starch
Tip of Thumb – 1 serving fat (i.e. butter)	
Softball – 1 serving non-starch vegetable	