

The Eating- *for*-LIFE Method

Daily Progress Report



Date: _____ Day _____ of 84

Total portions of protein:	6
Total portions of carbs:	6
Total cups of water:	10

Total portions of protein:	
Total portions of carbs:	
Total cups of water:	

PLAN	
Meal 1	
a.m.	
p.m.	
Meal 2	
a.m.	
p.m.	
Meal 3	
a.m.	
p.m.	
Meal 4	
a.m.	
p.m.	
Meal 5	
a.m.	
p.m.	
Meal 6	
a.m.	
p.m.	

ACTUAL	
Meal 1	
a.m.	
p.m.	
Meal 2	
a.m.	
p.m.	
Meal 3	
a.m.	
p.m.	
Meal 4	
a.m.	
p.m.	
Meal 5	
a.m.	
p.m.	
Meal 6	
a.m.	
p.m.	

Notes
