



## Eating Plan-Daily Progress Report

Date: \_\_\_\_\_ Day 1 of \_\_\_\_\_

Total portions of protein:	6
Total portions of carbs:	6
Total cups or litres of water:	10 (2ltrs)

Total portions of protein:	
Total portions of carbs:	
Total cups or litres 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

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