



March Monthly Challenge



LEVEL 2

Meal Planning Tracking Sheet

Name: _____

If you fail to plan, you plan to fail. Many times, we forgo planning our meals for the upcoming week. This lack of planning can lead to poor nutritional decisions and/or unnecessary financial debt. Take this month to plan your meals and gain back your time, money, and health.

Check off each day you followed your meal plan. Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by April 4, 2019.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly Total
Week One Plan out your breakfasts for the next week. Check each day you ate what you planned.								
Week Two Plan out your lunches for the next week. Check each day you ate what you planned.								
Week Three Plan out your snacks for the next week. Check each day you ate what you planned.								
Week Four Plan out your dinners for the next week. Check each day you ate what you planned.								