






















Paleo Menu Challenge

Journal for Week 1 2 3 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal Plan Compliance	100%	100%	100%	100%	100%	100%	100%
100% - Awesome	___%	___%	___%	___%	___%	___%	___%
--% = Pick the #							
o% = Didn't try	o%	o%	o%	o%	o%	o%	o%
Exercise	Activity ----- Duration -----	Activity ----- Duration -----	Activity ----- Duration -----	Activity ----- Duration -----	Activity ----- Duration -----	Activity ----- Duration -----	Activity ----- Duration -----
Sleeping	Hours of Sleep: ----- Quality of Sleep: -----	Hours of Sleep: ----- Quality of Sleep: -----	Hours of Sleep: ----- Quality of Sleep: -----	Hours of Sleep: ----- Quality of Sleep: -----	Hours of Sleep: ----- Quality of Sleep: -----	Hours of Sleep: ----- Quality of Sleep: -----	Hours of Sleep: ----- Quality of Sleep: -----
Energy	  	  	  	  	  	  	  
Reflection And/or Learning							
Notes							