

1200 CALORIES

Daily Tracking for



BREAKFAST

(Nutrisystem Breakfast OR Flex: 1 PowerFuel + 1 SmartCarb)

MORNING SNACK

(1 PowerFuel)

LUNCH

(Nutrisystem Lunch OR Flex: 1 PowerFuel + 1 SmartCarb)

AFTERNOON SNACK

(1 PowerFuel + 1 SmartCarb OR Nutrisystem Snack)

DINNER

(Nutrisystem Dinner + 1 PowerFuel OR Flex: 3 PowerFuels + 1 SmartCarb)

EVENING SNACK

(Nutrisystem Snack OR Flex: 1 PowerFuel + 1 SmartCarb)

*If you have more than 100 pounds to lose, add 1 PowerFuel + 1 SmartCarb to your daily meal plan each day.

<p>v Vegetables</p> <p>Mark 1 circle for each serving</p> <p>○○○○</p>	<p>W Water</p> <p>Mark 1 circle for each 8oz. glass of water</p> <p>○○○○ ○○○○</p>	<p>Ex Extras (optional)</p> <p>Write in 1 Extra on each line</p> <p>_____ _____ _____</p>
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My Daily 3

Write in one 10-minute activity on each line

1. _____ 2. _____ 3. _____

1200 CALORIES

Daily Tracking for



BREAKFAST

(Nutrisystem Breakfast OR Flex: 1 PowerFuel + 1 SmartCarb)

MORNING SNACK

(1 PowerFuel)

LUNCH

(Nutrisystem Lunch OR Flex: 1 PowerFuel + 1 SmartCarb)

AFTERNOON SNACK

(1 PowerFuel + 1 SmartCarb OR Nutrisystem Snack)

DINNER

(Nutrisystem Dinner + 1 PowerFuel OR Flex: 3 PowerFuels + 1 SmartCarb)

EVENING SNACK

(Nutrisystem Snack OR Flex: 1 PowerFuel + 1 SmartCarb)

*If you have more than 100 pounds to lose, add 1 PowerFuel + 1 SmartCarb to your daily meal plan each day.

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My Daily 3

Write in one 10-minute activity on each line

1. _____ 2. _____ 3. _____