

# Weekly Progress Tracker

To help you keep track of your progress, mark your daily meals and activity here.  
It will help you stay accountable and let you review all your hard work.

My goal this week is:

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**Quick tip:** Fill this form in as you go instead of at the end of the day to have a more accurate reading of your daily activities.






## Monday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great






## Tuesday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great






## Wednesday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great






## Thursday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great






## Friday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great

## Saturday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great

## Sunday

	Shakes 2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Balanced Meals 1/Day	<input type="checkbox"/>
	Protein Snacks 1-2/Day	<input type="checkbox"/> <input type="checkbox"/>
	Exercise	<b>Cardio Strength</b> <input type="checkbox"/> <input type="checkbox"/>
	Energy Level	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Great

Contact your local Herbalife Nutrition Independent Member for more information and tips.

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