



# The Hollywood Cookie Diet Menu & Fitness Plan

Date: \_\_\_\_\_

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

## **Fitness: Goal- 30 Minutes 5 times/week**

Write in the total number of minutes of cardio fitness you do each day. The goal is at least 5 sessions of 30 minutes each

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Minutes</b>	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____

Did you achieve your goals: Nutrition \_\_\_\_\_? Fitness \_\_\_\_\_?