WEEKLY WEIGHT RELEASE PLANNER
for the week of _____

shift

❶ My **weight release goal** this week =_____lbs.
❷ My daily **calorie budget for weight release** =_____ *
❸ Plan your week:
a Projected exercise sessions
b Meal ideas and times
c Snack ideas and times
d Meals out
e Vulnerable times
f Social events

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am							
7							
8							
9							
10							
11							
12 pm							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

❹ Record calories

									Totals
a	My daily body burn calories*								
b	(+) exercise calories*								
c	(=) total daily calories burned								
d	(-) actual daily food calories*								
e	(=) daily net calories burned*								
❺	Ongoing total calories burned								
								❻ **Grand total calories burned this week**	

*See Weekly Planner Guide