

Weekly Charts - Week Five

Category	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardiovascular	None Daddy's day	50 minutes walking	30 minutes Tae-Bo	45 minutes walking	None	30 minutes Tae-Bo	none
Flexibility		Leg stretches 10 minutes	15 minutes stretching	10 minutes leg stretches		15 minutes Stretching	
Strength Training							
Water	32 oz	64 oz	32 oz	64oz	64 oz	64 oz	32 oz

Food Journal - Week Five

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Bad! Cheese omelet w/bacon	Reduced fat blueberry Muffin Coffee no sugar	Frosted mini-wheat Cereal w/ 2% milk tea	Bran raisin muffin Coffee no sugar	Frosted Flakes w/ a banana Tea	Multigrain bagel w/ light cream cheese coffee	Light mixed fruit cup and some grapes
Lunch	Late lunch early dinner Filet mignon and	Turkey on rye w/ mustard and lettuce	Tuna on rye w/ lettuce and a little mayo	Turkey on rye w/ avocado and light dressing	Ham & Swiss on rye w/ mustard	Grilled chicken salad w/apples, mango, walnuts and a light zinfandel vinaigrette	Late lunch early dinner Hamburger and a hot dog... bad!
Dinner	Boiled potatoes/ green bean salad w/Glass of wine	Whole grain pasta w/ grilled chicken, garlic, olives, and sun dried tomatoes	Sushi and grilled chicken lettuce wrap	2 Slices of pizza	Chicken and broccoli 2 steamed dumplings	Turkey kielbasa with sauerkraut	See above
<u>SNACK</u>	<u>GRAPES AND CHERRIES</u>	<u>100 CALORIE SNACK</u>	<u>WEIGHT WATCHERS ICE CREAM</u>	<u>TOASTED ALMOND ICE CREAM BAD!</u>	<u>100 CALORIE SNACK</u>	<u>1/2 CUP OF JELLY BEANS</u>	<u>SMALL PIECE OF CAKE</u>