

## INTERIOR SOCCER TRACKER

#### WEIGHIN

SEASON:\_\_\_\_

WEEK	DATE	WEIGHT	LOSS / GAIN	NOTES
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#### FILL IN THE BLANKS

Here's a rough idea of what your tracker could look like as you write down notes on your week.

ACTIN	ITY			
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1	Walk before work	15 mins	4	
2	Swim before work	30 mins	5	
3	Rest day	_	_	
4	Gym	30 mins	7	
5	Rest day	_	_	
6	Walk	30 mins	6	
7	MAN v FAT Soccer	30 mins		

FOOD & DRINK	
DAY 1	
BREAKFAST	Bowl of muesli with whole milk and a handful of blueberries
LUNCH	Tuna salad with French dressing
DINNER	Chicken breast wrap
SNACKS	2 x apples, 1 x low cal jelly
WATER	FRUIT & VEG

GOALS	
NEXT WEEK'S GOALS	Eat two more portions of fruit and veg.

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FOOD & DRINK			
DAY 1			
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	BBBBBBB	FRUIT & VEG	SO SO SO
DAY 2			
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WATER	BBBBBB	FRUIT & VEG	B B B B
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WATER	HHHHHHH	FRUIT & VEG	B B B B

FOOD & DRINK			
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### MANVEAT SOCCER®

# CONGRATULATIONS ON COMPLETING YOUR MAN V FAT SOCCER TRACKER!

KEEP IT UP NEXT SEASON. DOWNLOAD A BLANK TRACKER NOW.

