

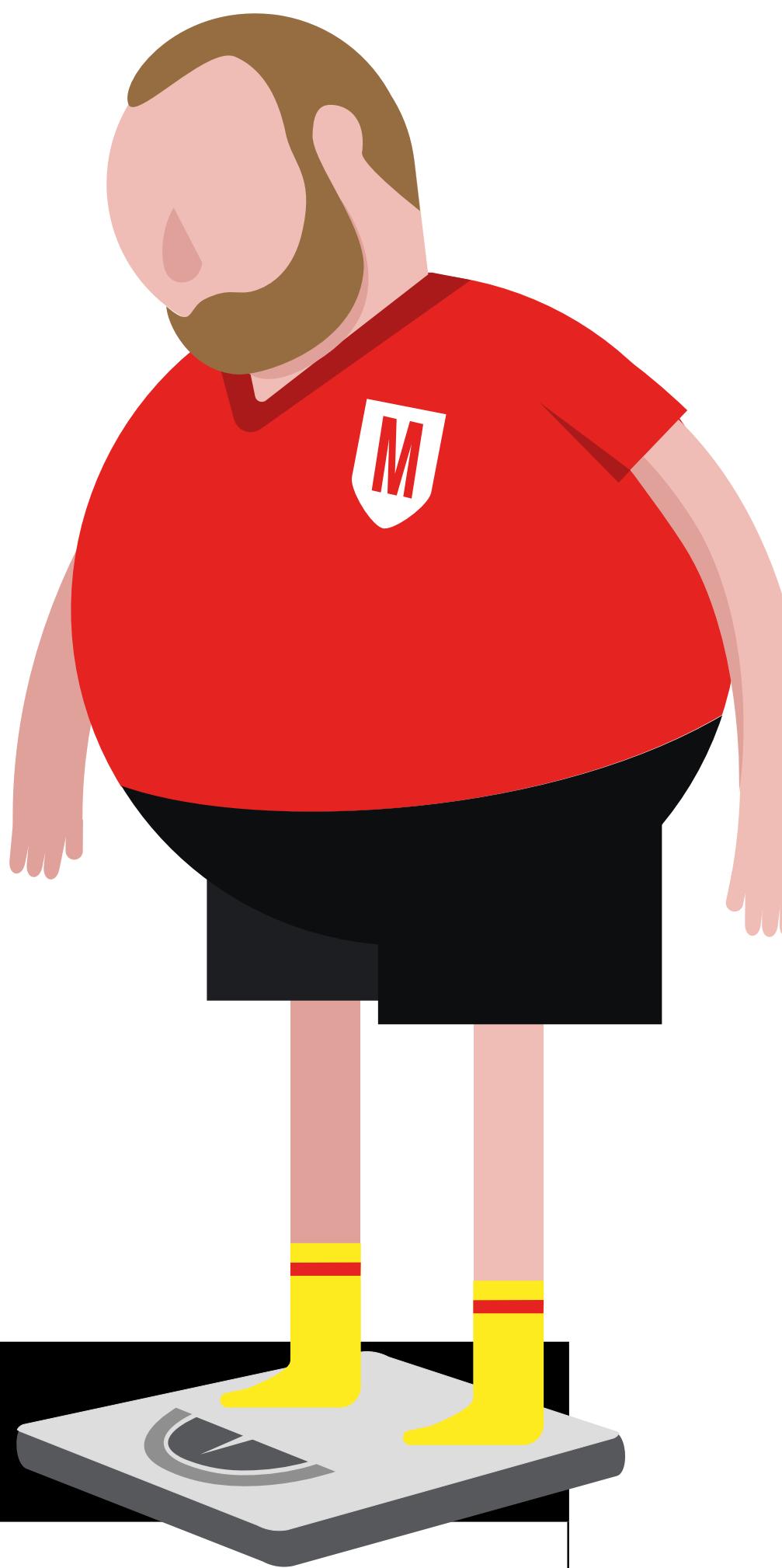


MAN v FAT

SOCCER TRACKER

WEIGH IN

SEASON:_____



WEEK	DATE	WEIGHT	LOSS / GAIN	NOTES
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

FILL IN THE BLANKS






































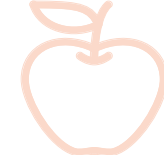

Here’s a rough idea of what your tracker could look like as you write down notes on your week.

ACTIVITY				
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.

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK




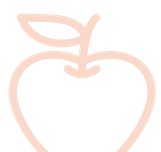

DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










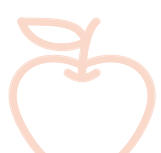



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































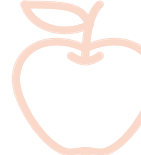



DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS













NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK





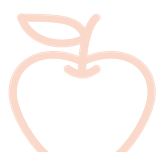


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










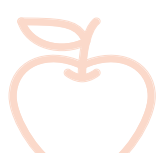



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































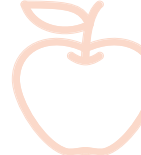



DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS













NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK





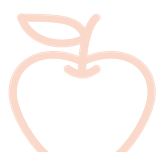


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










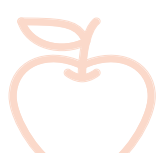



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

























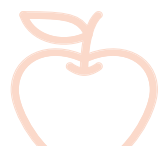












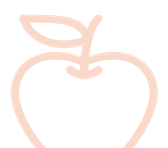

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








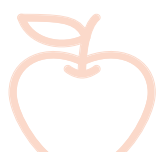


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










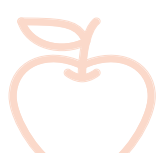



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










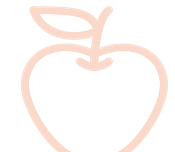












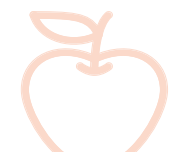

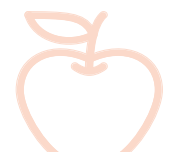












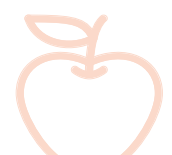

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








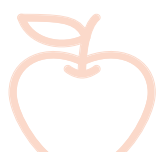


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










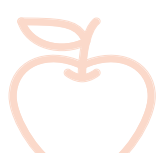



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































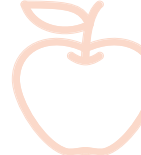



DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








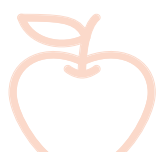


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










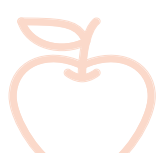



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































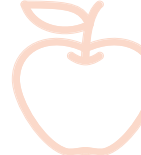



DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








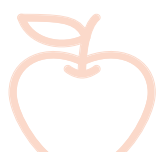


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










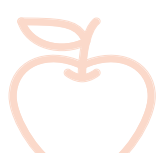



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































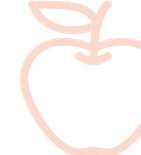

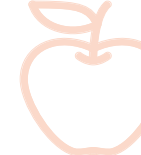

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








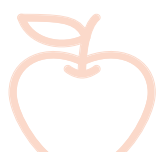


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










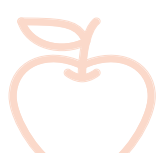



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































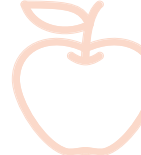



DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








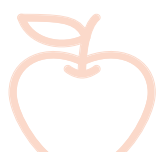


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










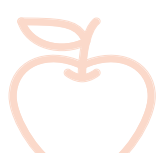



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    






































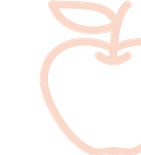

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS













NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK





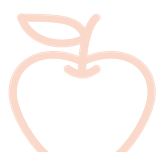


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










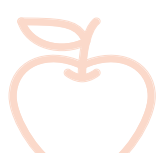



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    








































DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS












NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK





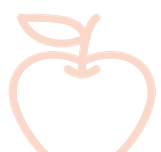


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










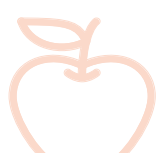



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    








































DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS








NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				













FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK








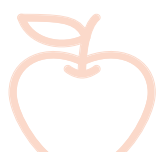


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










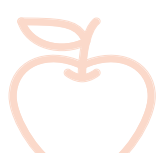



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    




































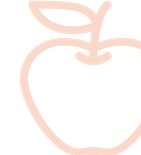

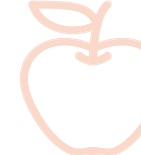

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS













NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK





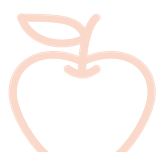


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










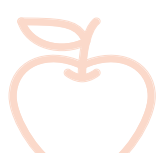



DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    






































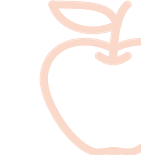

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS












NEXT WEEK'S GOALS	
-------------------	--

ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				














FOOD & DRINK				
DAY 1				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 2				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	
DAY 3				
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
WATER	       	FRUIT & VEG	    	

FOOD & DRINK





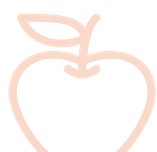


DAY 4

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    










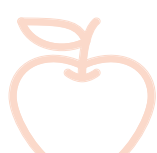

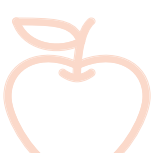

DAY 5

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 6

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

DAY 7

BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER	       	FRUIT & VEG	    

GOALS

NEXT WEEK'S GOALS	
-------------------	--

MAN^vFAT **SOCCER[®]**

**CONGRATULATIONS ON
COMPLETING YOUR
MAN V FAT SOCCER
TRACKER!**

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

