



MAN v FAT

SOCCER TRACKER

WEIGH IN



SEASON: _____

WEEK	DATE	WEIGHT	LOSS / GAIN	NOTES
1				
2				
3				
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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	<input checked="" type="checkbox"/>	FRUIT & VEG	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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

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

DAY 4

BREAKFAST			
LUNCH			
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DAY 7

BREAKFAST			
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GOALS

NEXT WEEK'S GOALS	
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FOOD & DRINK

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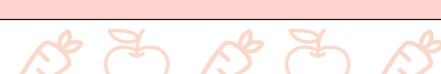
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FRUIT & VEG



DAY 7

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FRUIT & VEG



GOALS

NEXT WEEK'S GOALS

MAN v FAT **SOCCER**[®]

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

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

