

5-Day Plant-Based Challenge Progress Tracker

Today's Date: _____ Starting Weight: _____

My WHY: Why I decided to give plant-based eating a try:

Overcoming OBSTACLES: What challenges do I expect to encounter, and how will I handle them?

My HEALTH: Any health concerns I currently have and my goals for improving overall health and vitality:

My Meals:

	Breakfast/Plants I ate:	Lunch/Plants I ate:	Dinner/Plants I ate:	SnacksPlants I ate:
DAY ONE:				
DAY TWO:				
DAY THREE:				
DAY FOUR:				
DAY FIVE:				

Notes:

NOTES:

RECIPE IDEAS:

Vitality Notes:

	Notes on Mood/Mindset:	Energy Level:	Digestion Notes:	Ounces of Water:
DAY ONE:				
DAY TWO:				
DAY THREE:				
DAY FOUR:				
DAY FIVE:				

Progress Recap

Today's Date: _____ Ending Weight: _____

What I found most challenging about eating more of a plant-based diet:

What I found to be the easiest and most satisfying parts about following a plant-based diet:

What my goals are for continuing my health journey and improving my nutrition:

For more information check out cleaneatingfix.com