

TURBO FIRE®

DAILY TRACKER SHEET

Calorie Target _____

FUEL TRACKER

BREAKFAST	TIME	CALORIES
BREAKFAST TOTALS ⇒		

SNACK 1	TIME	CALORIES
SNACK TOTALS ⇒		

LUNCH	TIME	CALORIES
LUNCH TOTALS ⇒		

SNACK 2	TIME	CALORIES
SNACK TOTALS ⇒		

DINNER	TIME	CALORIES
DINNER TOTALS ⇒		

TOTAL CALORIES CONSUMED ⇒

WATER (8-oz. glasses)	VITAMINS/SUPPLEMENTS	SLEEP (hrs.)
	_____	<input type="text"/>
	_____	

_____ | Date _____ | Week # _____ | Day _____

BURN TRACKER

TURBOFIRE CLASS	TIME	DURATION	INTENSITY

OTHER ACTIVITIES	TIME	DURATION	INTENSITY

CHALENE'S TIP OF THE DAY:

“Ask yourself every couple of minutes, ‘Can I go harder? Can I do more?’ You’ve got so much power. Show me.”

ENERGY LEVEL 1 2 3 4 5 6 7 8 9 TODAY'S GOALS MET

NOTES
