



Scheduling and Compliance Grid

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Mon

Tue

Wed

Thu

Fri

Sat

Sun

Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Cardio							
Strength							

Instructions:

Here is where you will plan your week. You are entitled to 2 treat meals/week. Place an x in the meal where you plan to have your treat meal. On the chart you will also put when you plan to workout. If you aren't hitting your scheduled workouts and you are not entitled to your treat meals.

Remember if it isn't planned it doesn't happen!