

# 1200 Calorie Diet Plan

Date: \_\_\_\_\_ dd / mm / yyyy      Name: \_\_\_\_\_

Gender:

Male     Female     Other

Age: \_\_\_\_\_      Weight: \_\_\_\_\_

Height: \_\_\_\_\_      Purpose: \_\_\_\_\_

Medical history:

General guidelines:

Baseline diet:

Sample meal plan:

Lifestyle considerations:

Recommendations:

## PROGRESS TRACKING

**Entry 1**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

**Entry 2**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

**Entry 3**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

**Entry 4**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

**Entry 5**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

**Entry 6**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

**Entry 7**

Date: \_\_\_\_\_ dd / mm / yyyy

Remarks:

Additional notes: