



# 5 & 1 Daily Success Tracker

:: **Date** \_\_\_\_\_

:: **Medifast Meals**  
(write time of meal in each box)

:: **Medifast Snacks**  
(optional)

:: **Lean & Green Meal**  
(check off box)

:: **Glasses of Water (8oz.)**  
(check off boxes)

:: **Daily Exercise**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

:: **How I Felt Today**  
(rate on scale, 10 being "terrific") 1 2 3 4 5 6 7 8 9 10