

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:	Day 1 of 84
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PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 2 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 3 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 4 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 5 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 6 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 7 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 8 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 9 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 10 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 11 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 12 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 13 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 14 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 15 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 16 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 17 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 18 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 19 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 20 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date: _____ Day 21 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 22 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 23 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 24 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 25 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 26 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 27 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 28 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 29 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 30 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 31 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 32 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 33 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 34 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date: _____ Day 35 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 36 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 37 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 38 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 39 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 40 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 41 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 42 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 43 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 44 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 45 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 46 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 47 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 48 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 49 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 50 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 51 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 52 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 53 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 54 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 55 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 56 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 57 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 58 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 59 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 60 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 61 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 62 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 63 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 64 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 65 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 66 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 67 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 68 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 69 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date: _____ Day 70 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 71 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 72 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 73 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 74 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 75 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 76 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 77 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 78 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 79 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 80 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 81 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 82 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date:

Day 83 of 84

PLAN	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

ACTUAL	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	

Notes

NAACP Freedom Fighter Fitness Challenge

Daily Meal Progress Report

Date: _____ Day 84 of 84

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

p.m.	
Breakfast	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Lunch	
a.m.	
p.m.	
Snack	
a.m.	
p.m.	
Dinner	
a.m.	
p.m.	

Snack

Notes
