



# FITNESS PROGRESS CHART

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| Menu Plan for November |                   |                            |              |                                |                     |                  |                  |
|------------------------|-------------------|----------------------------|--------------|--------------------------------|---------------------|------------------|------------------|
| Week of:               | Sunday            | Monday                     | Tuesday      | Wednesday                      | Thursday            | Friday           | Saturday         |
| 11/1 - 11/7            | Turkey Tacos      | Spaghetti Squash Casserole | Veggie Pizza | Leftovers                      | Chicken Tetrazini   | Eat Out/Take Out | Chicken Stir Fry |
| 11/8 - 11/14           | Steak and Veggies | Leftovers                  | Steak Tacos  | Buffalo Chicken Casserole      | Soup and Sandwiches | Eat Out/Take Out | Burrito Bowls    |
| 11/15 - 11/21          | Pad Thai          | Grilled Chicken and Salad  | Leftovers    | Tomato Soup and Grilled Cheese | Beef Stroganoff     | Eat Out/Take Out | Baked Ziti       |
| 11/22 - 11/28          | Chicken and Rice  | Leftovers                  | Pork Chops   | Hot dogs and hamburgers        | Thanksgiving Dinner | Leftovers        | Turkey Pot Pie   |