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| **周饮食锻炼计划表** | | | | | | | | | | | | | | |
| 创建人： | 于雅洁 |  |  |  |  |  |  |  | |  | 起始日期： | 2021年01月04日 | |  |
| **本周锻炼记录** | | | | | | **本周饮食记录** | | | | | | | | |
| **时间** | **具体内容** | | | | | **是否完成** | **时间** | | **饮食记录** | | | | **是否热量过高** | |
| 周一 |  | | | | |  | 周一 | |  | | | |  | |
| 周二 |  | | | | |  | 周二 | |  | | | |  | |
| 周三 |  | | | | |  | 周三 | |  | | | |  | |
| 周四 |  | | | | |  | 周四 | |  | | | |  | |
| 周五 |  | | | | |  | 周五 | |  | | | |  | |
| 周六 |  | | | | |  | 周六 | |  | | | |  | |
| 周日 |  | | | | |  | 周日 | |  | | | |  | |
| 总结 |  | | | | | | | | | | | | | |