



Feuille de pointage



| Cible calorique : | | | | | | | |
|-------------------|--|--|--|--|--|--|--|
| Contenants | | | | | | | |
| | | | | | | | |

Semaine # ____ : du _____ au _____

| LUNDI : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
|-----------|--|--|--|--|--|--|--|--|
| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |

| MARDI : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
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| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |

| MERCREDI : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
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| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |

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| JEUDI : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |

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| VENDREDI : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |

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| SAMEDI : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |

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| DIMANCHE : | | | | | | | | <u>Mes commentaires</u> Respecté : 😊 😐 😞 Substitutions : |
| DÉJEUNER | | | | | | | | |
| COLLATION | | | | | | | | |
| DÎNER | | | | | | | | |
| COLLATION | | | | | | | | |
| SOUPER | | | | | | | | |
| COLLATION | | | | | | | | |
| TOTAL | | | | | | | | |
| EAU | | | | | | | | |