

SLEEKGEEK REBOOT MEAL TRACKER

Score each meal that you ate below on a scale of 1-7 based on the Sleekgeek Reboot Levels, then workout your average for the day.

	Breakfast:	Lunch:	Dinner:	Snacks:	Average:	Notes (week # _____)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
TOTAL:						

Feel free to note down what you ate or any thoughts that you had around your meals. You're encouraged to post photos of your food in the group for accountability.

Sleekgeek Reboot Levels:

- Level 7** Only green list foods. Hardly any to no orange list foods. No red list foods.
- Level 6** Almost entirely green list foods. Few orange list foods. Hardly any red list foods.
- Level 5** Mostly green list foods. Some orange list foods. Few red list foods.
- Level 4** Some green list foods. Some orange list foods. Some red list foods.
- Level 3** Few green list foods. Some orange list foods. Mostly red list foods.
- Level 2** Hardly any green list foods. Few orange list foods. Almost entirely red list foods.
- Level 1** No green list foods. Hardly any to no orange list foods. Only red list foods.

More info at:
www.sleekgeek.co.za/REBOOT

"As you live your hours, so you create your years. As you live your days, so you craft your life." - Robin Sharma

Focus on your goals one meal at a time, one day at a time, and before you know it you'll be there.