



Bi-weekly Adherence Chart

Name: _____

Date: _____

Each time you eat a compliant meal, put an **X** in the appropriate box.

Each time you miss a meal, put an **O** in the appropriate box.

Each time you eat a noncompliant meal, put an ***** in the appropriate box.

If a meal isn't applicable, put a **N/A** in the appropriate box.

BI-WEEKLY ADHERENCE CHART

| WEEK ADHERENCE | MEAL 1 | MEAL 2 | MEAL 3 | MEAL 4 | MEAL 5 | MEAL 6 | (WORKOUT DRINK) |
|----------------|--------|--------|--------|--------|--------|--------|-----------------|
| Day 1 | | | | | | | |
| Day 2 | | | | | | | |
| Day 3 | | | | | | | |
| Day 4 | | | | | | | |
| Day 5 | | | | | | | |
| Day 6 | | | | | | | |
| Day 7 | | | | | | | |
| Day 8 | | | | | | | |
| Day 9 | | | | | | | |
| Day 10 | | | | | | | |
| Day 11 | | | | | | | |
| Day 12 | | | | | | | |
| Day 13 | | | | | | | |
| Day 14 | | | | | | | |