



# MAN v FAT

## FOOTBALL TRACKER



# MAKING THE MOST OF IT

## THE ESSENTIALS

If you're new to MAN v FAT Football or need a refresher on how it all works, sign in to The Dugout and take a look at: **MAN v FAT Football: The Essentials**. You'll find loads of info on the sessions, the season, the scoring and more.

## USING YOUR TRACKER

Fill in the blanks on your activity, food and drink throughout the week. Take a screenshot to show your Coach at the weekly session.

After your weigh in, don't forget to add your weight in the Weigh In space to keep track through the season.



# TRACK TO THE MAX

You're 42% more likely to achieve your goals just by writing them down. Plus, you can score up to 3 bonus goals a week when all your team complete their tracker. Here's how to get the most out of your tracking to help you smash this.

## WEIGHT

At each weekly session, step on the scales and make a note of your weight in the Weigh In space.

## ACTIVITY

Add your planned activity for the week and tick the box if you achieve it. Include all your activity and rest days and make a note of how hard you're working using the RPE scale.

## FOOD AND DRINK

Note down what you eat and drink each day, ticking off your glasses of water and fruit and veg as you go.

## GOALS

At the end of each week think about what's worked and what hasn't and set yourself a goal for the week ahead.

### RPE SCALE - RATE OF PERCEIVED EXERTION

1 

Watching TV and eating.

2 

I'm comfortable and this is easy.

3 

I'm still comfortable, but my breathing is harder.

4 


I'm sweating, but I can still hold a conversation.

5 

I'm sweating more but can still talk easily.

6 

I can still talk, but I'm breathless and sweating.

7 

I can still talk, but I don't want to and I'm so sweaty!

8 

I can't talk, only grunt!

9 

I'm almost completely exhausted.

10 

I'm completely exhausted!

# WEIGH IN



SEASON: \_\_\_\_\_

WEEK	DATE	WEIGHT	LOSS / GAIN	NOTES
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				



# FILL IN THE BLANKS

Here's a rough idea of what your tracker could look like as you jot down notes on your week.







ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1	Walk to work	15 mins	4	✓
2	Swim before work	30 mins	5	✓
3	Rest day	-	-	✓
4	Gym	30 mins	7	✓
5	Rest day	-	-	✓
6	Walk	30 mins	6	✓
7	MAN v FAT Football	30 mins		✓

FOOD & DRINK			
DAY 1			
BREAKFAST	Bowl of muesli with full fat milk and a handful of blueberries		
LUNCH	Tuna salad with French dressing		
DINNER	Healthy option at Nandos (1/2 chicken with corn and salad)		
SNACKS	2 x apples, 1 x low cal jelly		
WATER	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	FRUIT & VEG	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

GOALS	
NEXT WEEK'S GOALS	Eat more veg!




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**FOOD & DRINK**



**DAY 4**

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<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACKS</b>			
<b>WATER</b>		<b>FRUIT &amp; VEG</b>	



**DAY 5**

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**DAY 7**







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<b>DINNER</b>			
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**FOOD & DRINK**

**DAY 4**

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**WATER**



**FRUIT & VEG**



**DAY 5**

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**FRUIT & VEG**



**DAY 6**

**BREAKFAST**

**LUNCH**

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**FRUIT & VEG**



**DAY 7**

**BREAKFAST**

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**GOALS**

**NEXT WEEK'S GOALS**




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**FOOD & DRINK**



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<b>WATER</b>		<b>FRUIT &amp; VEG</b>	

**GOALS**


<b>NEXT WEEK'S GOALS</b>	
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ACTIVITY				
DAY	ACTIVITY	DURATION	RPE	COMPLETE
1				
2				
3				
4				
5				
6				
7				

FOOD & DRINK			
DAY 1			
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER		FRUIT & VEG	
DAY 2			
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER		FRUIT & VEG	
DAY 3			
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WATER		FRUIT & VEG	

**FOOD & DRINK**


**DAY 4**

<b>BREAKFAST</b>			
<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACKS</b>			
<b>WATER</b>		<b>FRUIT &amp; VEG</b>	



**DAY 5**

<b>BREAKFAST</b>			
<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACKS</b>			
<b>WATER</b>		<b>FRUIT &amp; VEG</b>	

**DAY 6**

<b>BREAKFAST</b>			
<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACKS</b>			
<b>WATER</b>		<b>FRUIT &amp; VEG</b>	

**DAY 7**

<b>BREAKFAST</b>			
<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACKS</b>			
<b>WATER</b>		<b>FRUIT &amp; VEG</b>	

**GOALS**

<b>NEXT WEEK'S GOALS</b>	
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**MAN<sup>v</sup>FAT FOOTBALL<sup>®</sup>**

**CONGRATULATIONS ON  
COMPLETING YOUR  
MAN V FAT FOOTBALL  
TRACKER!!**

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