

WATER INTAKE

STARTING WEIGHT _____

GOAL OZ. _____ TOTAL OZ. _____

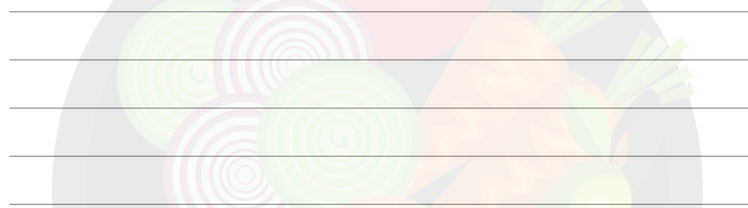
CURRENT WEIGHT _____

TARGET WEIGHT _____



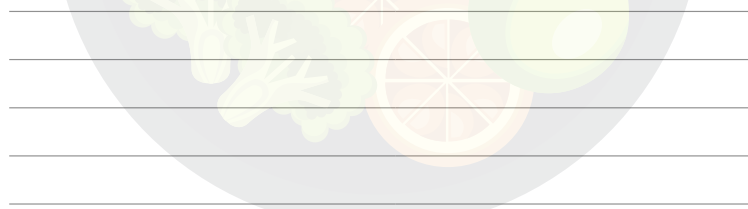
BREAKFAST

MEAL TIME _____



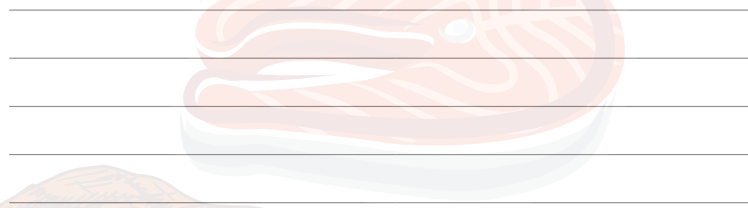
LUNCH

MEAL TIME _____



SNACK

MEAL TIME _____



DINNER

MEAL TIME _____



NOTES

WATER INTAKE

STARTING WEIGHT _____

GOAL OZ. _____ TOTAL OZ. _____

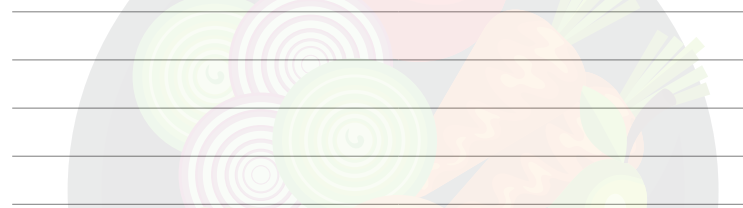
CURRENT WEIGHT _____

TARGET WEIGHT _____



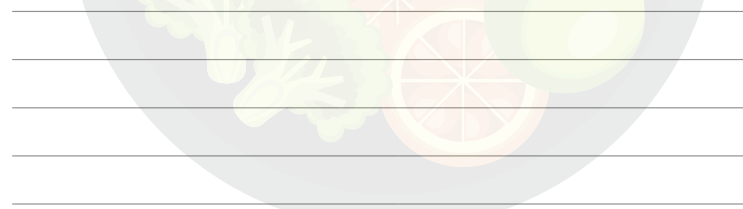
BREAKFAST

MEAL TIME _____



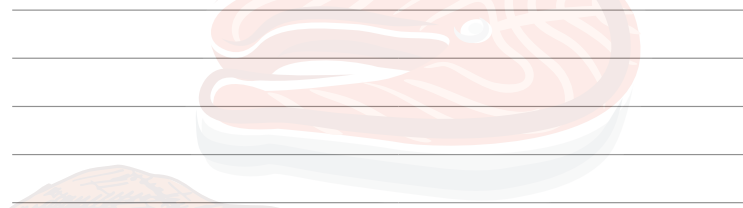
LUNCH

MEAL TIME _____



SNACK

MEAL TIME _____



DINNER

MEAL TIME _____



NOTES

