## WATER INTAKE

| STARTING WEIGHT | GOAL OZ TOTAL OZ |
|-----------------|------------------|
| CURRENT WEIGHT  |                  |
| TARGET WEIGHT   |                  |
| BREAKFAST       | MEAL TIME        |
| LUNCH           | MEAL TIME        |
|                 |                  |
| SNACK           | MEAL TIME        |
|                 |                  |
| DINNER          | MEAL TIME        |
|                 |                  |
|                 |                  |
| MOTIVATION      |                  |