WATER INTAKE WATER INTAKE GOAL OZ. _____ TOTAL OZ._ STARTING WEIGHT _____ STARTING WEIGHT _____ GOAL OZ. _____ TOTAL OZ._ CURRENT WEIGHT _____ 88888888 8888888 CURRENT WEIGHT ___ TARGET WEIGHT TARGET WEIGHT BREAKFAST BREAKFAST MEAL TIME MEAL TIME LUNCH LUNCH MEAL TIME _____ MEAL TIME _____ SNACK SNACK MEAL TIME _____ MEAL TIME _____ DINNER DINNER MEAL TIME _____ MEAL TIME MOTIVATION_____ MOTIVATION_____