Y 1
0
TODAY'S WATER TOTAL
STRENGTH
_



WE	EK			PAC	/ 2
TODAY'S D	ATE				
BREAKFAST					
SNACK	1				
LUN	ICH				
SNA (IF APP	ACK 2 LICABLE)				
	DINNER				
TOI	DAY'S TOTALS				O
WATER	00	00	00	00	TODAY'S WATER TOTAL
MINUTES OF E		OGA/STRETO	CH CAR	DIO	STRENGT



WEEK	<u> </u>	- DA	Y 3
ΓΟDAY'S DATE			
BREAKFAST			
SNACK 1			
LUNCH			
SNACK 2 (IF APPLICABLE)			
DINNER			
TODAY'S TOTA	ALS		0
VATER O C	000	000	TODAY'S WATER TOTAL
MINUTES OF EXERCISE:	YOGA/STRETCH	H CARDIO	STRENGTH
NOTES:	_	_	



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TODAY'S DA	ATE			
BREAKFAST				
SNACK <sup>1</sup>				
LUN	СН			
SNA (IF APPL	CK 2 JCABLE)			
	DINNER			
TOD	DAY'S TOTALS		O	O
WATER (	000	000		TODAY'S WATER TOTAL
MINUTES OF E		STRETCH (	CARDIO	STRENGT



WE	EK			)A\	15
TODAY'S D	ATE				
BREAKFAST					
SNACK	1				
LUN	ICH				
SNA (IF APP	ACK 2 LICABLE)				
	DINNER				
тоі	DAY'S TOTALS				O
WATER	00	00	00	OC	TODAY'S WATER TOTAL
MINUTES OF E		OGA/STRETO	CH CAR	DIO	STRENGTI



WE	EK_		DAY	6
TODAY'S DAT	E			
BREAKFAST				
SNACK 1				
LUNC	4			
SNACP (IF APPLICA	ABLE)			
С	DINNER			
TODAY	'S TOTALS			O
WATER (	000		000	TODAY'S WATER TOTAL
MINUTES OF EXE	YOGA/S	TRETCH CA	ARDIO	STRENGTI



Y 7
0
TODAY'S WATER TOTAL
STRENGT



LAST WEEK'S THIS W WEIGHT WEIG	
TOTAL MINUTES OF EXERCISE YOGA/ STRETCH CARDIO STRENGTH	TOTAL GLASSES OF WATER CONSUMED
DAY 1	WEEKLY MEASUREMENTS  LAST THIS INCHES WEEK WEEK LOST
DAY 2 OOO	CHEST O O
DAY 4 DAY 5	WAIST O
DAY 6	THIGH O
VEEKLY TOTAL	
OTES:	

