

**BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**MID-MORNING SNACK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Date

Monday Morning Weight

Drink 80oz water/day

**MID-AFTERNOON SNACK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**DINNER**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**PM SNACK**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday