

Weekly Guidelines:

Day 4: _____ found on page _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____

Day 1: Weight: _____ found on page _____

Day 5: _____ found on page _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____

Day 2: _____ found on page _____

Day 6: _____ found on page _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____

Day 3: _____ found on page _____

Day 7: _____ found on page _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____

**1 cup of water before a meal and 1 cup during a meal*

8:00am	Meal	_____
10:00am	Snack	_____
11:30am	Meal	_____
1:00pm	Snack	_____
3:00pm	Meal	_____
6:00pm	Meal	_____
8:00pm	Snack	_____

Exercise Session 1: _____
Session 2: _____