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			*1 cup of water before a meal and 1 cup during a meal		
8:00am	Meal		8:00am	Meal	
10:00am	Snack		10:00am	Snack	
11:30am	Meal		11:30am	Meal	
1:00pm	Snack		1:00pm	Snack	
3:00pm	Meal		3:00pm	Meal	
6:00pm	Meal		6:00pm	Meal	
	Snack				
8:00pm	Snack		8:00pm	Snack	
Exercise	Session 1:		Exercise	Session 1:	
	Session 2:			Session 2:	
Day 2:		found on page	Day 6:		found on page
*1 cup of w	vater before a	meal and 1 cup during a meal	*1 cup of water	· before a meal and	1 cup during a meal
8:00am	Meal		8:00am	Meal	, , , , , , , , , , , , , , , , , , , ,
10:00am	Snack		10:00am	Snack	
11:30am	Meal		11:30am	Meal	
			1:00pm	Snack	
1:00pm	Snack				
3:00pm	Meal		3:00pm	Meal	
6:00pm	Meal		6:00pm	Meal	
8:00pm	Snack		8:00pm	Snack	
Exercise	Session 1:		Exercise	Session 1:	
	Session 2:		_	Session 2:	
Day 3:		found on page	Day 7:		found on page
*1 cup of w	vater before a	meal and I cup during a meal	*1 cup of water	before a meal and	1 cup during a meal
8:00am	Meal		8:00am	Meal	,
10:00am	Snack		10:00am	Snack	
11:30am	Meal		11:30am	Meal	
1:00pm	Snack		1:00pm	Snack	
3:00pm	Meal		3:00pm	Meal	
6:00pm	Meal		6:00pm	Meal	
8:00pm	Snack		8:00pm	Snack	
Exercise	Session 1:		Exercise	Session 1:	