

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: \_\_\_\_\_