

<b>SUNDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

<b>MONDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

<b>TUESDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

<b>WEDNESDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

<b>THURSDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

<b>FRIDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

<b>SATURDAY</b>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12