Date _____ Day # ____ Weight ____ Day of the Week _____

Description (food or activity)	Used	Balance
TARGET POINTS		
BREAKFAST		
LUNCH		
DINNER		
SNACKS		

Water ☐☐☐☐☐☐ Vita- ☐

Date _____ Day # ____ Weight ____ Day of the Week _____

Description (food or activity)	Used	Balance
TARGET POINTS		
BREAKFAST		
LUNCH		
DINNER		
SNACKS		

Water ☐☐☐☐☐☐ Vita- ☐