

Questions to Ask: _____

(Day)	BREAKFAST	LUNCH	DINNER	SNACK	WATER	EXERCISE/NOTES	SUPPLEMENTS
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:
_____	P:	P: V: V: Lettuce?	P: V: V: Lettuce?	P: Or P:	Oz.		M-V: C-M: P-C: O3: Salt & Oil:

Name: _____

Date: _____

Previous Wt: _____ Current Wt: _____