MONDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

1.

2.

VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

Breakfast: Watch Trigger Foods!

Lunch: Watch Trigger Foods!

Dinner: Watch Trigger Foods!

Water 1 2 3 4 5 6 7 8 9 10

Protein 1 2 3

Fat 1 2

VEG 1 2 3 4

Starch 1 2

Fruit 1 2 ~ Before 6 pm ~ Do Not Mix

Off Plan Food:

Other Bevs:

Last Meal Eaten Before 6 PM ~ Y / N

TUESDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

1.

2.

VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

Breakfast: Watch Trigger Foods!

Lunch: Watch Trigger Foods!

Dinner: Watch Trigger Foods!

Water 1 2 3 4 5 6 7 8 9 10

Protein 1 2 3

Fat 1 2

VEG 1 2 3 4

Starch 1 2

Fruit 1 2 ~ Before 6 pm ~ Do Not Mix

Off Plan Food:

Other Bevs:

Last Meal Eaten Before 6 PM ~ Y / N

WEDNESDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

1.

2.

VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

Breakfast: Watch Trigger Foods!

Lunch: Watch Trigger Foods!

Dinner: Watch Trigger Foods!

Water 1 2 3 4 5 6 7 8 9 10

Protein 1 2 3

Fat 1 2

VEG 1 2 3 4

Starch 1 2

Fruit 1 2 ~ Before 6 pm ~ Do Not Mix

Off Plan Food:

Other Bevs:

Last Meal Eaten Before 6 PM ~ Y / N

THURSDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

1.

2.

VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

Breakfast: Watch Trigger Foods!

Lunch: Watch Trigger Foods!

Dinner: Watch Trigger Foods!

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Protein 1 2 3

Fat 1 2

VEG 1 2 3 4

Starch 1 2

Fruit 1 2 ~ Before 6 pm ~ Do Not Mix

Off Plan Food:

Other Bevs:

Last Meal Eaten Before 6 PM ~ Y / N

FRIDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

1.

2.

VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

Breakfast: Watch Trigger Foods!

Lunch: Watch Trigger Foods!

Dinner: Watch Trigger Foods!

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Protein 1 2 3

Fat 1 2

VEG 1 2 3 4

Starch 1 2

Fruit 1 2 ~ Before 6 pm ~ Do Not Mix

Off Plan Food:

Other Bevs:

Last Meal Eaten Before 6 PM ~ Y / N

SATURDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

1.

2.

VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

Breakfast: Watch Trigger Foods!

Lunch: Watch Trigger Foods!

Dinner: Watch Trigger Foods!

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Fruit 1 2 ~ Before 6 pm ~ Do Not Mix

Off Plan Food:

Other Bevs:

Last Meal Eaten Before 6 PM ~ Y / N

MONDAY **Date:**

Weight: **Bld.Pres:** **B.Temp:**

Nutritional Supplements: **BM: Y / N**

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VITAMINS: **HERBS:**

EFAs: **Minerals:**

Exercise: Y / N **Min.'s** **Heartrate:**

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Last Meal Eaten Before 6 PM ~ Y / N

TUESDAY **Date:**

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Nutritional Supplements: **BM: Y / N**

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Exercise: Y / N **Min.'s** **Heartrate:**

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