Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Treat							
Water							
Friut							

	Yes	No
Have you eaten everything under 5% fat?		
Have you eaten 3 pieces of fruit and plenty of Vegetable/salad each day?		
Have you had 5 glasses of water a day?		
Have you exercised this week, 3 times for at least 20 minutes?		
Have you consumed any alcohol?		

WEIGHT LOST THIS WEEK: lbs

Now, how do you feel about yourself?

Janie cremer