| DATE: | DATE: | DATE: |
|---|---|---|
| **TOTAL CALORIES:** | **TOTAL CALORIES:** | **TOTAL CALORIES:** |
| Wake Up Time: Hours | Wake Up Time: Hours | Wake Up Time: Hours |
| **1ST Meal Time:** | **1st Meal Time:** | **1st Meal Time:** |
| | | |
| | | |
| | | |
| | | |
| Total Calories: | Total Calories: | Total Calories: |
| **Snack (If Medically Indicated)** | **Snack (If Medically Indicated)** | **Snack (If Medically Indicated)** |
| | | |
| | | |
| Total Calories: | Total Calories: | Total Calories: |
| **2nd Meal Time:** | **2nd Meal Time:** | **2nd Meal Time:** |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total Calories: | Total Calories: | Total Calories: |
| **Snack (If Medically Indicated)** | **Snack (If Medically Indicated)** | **Snack (If Medically Indicated)** |
| | | |
| | | |
| Total Calories: | Total Calories: | Total Calories: |
| **3rd Meal Time:** | **3rd Meal Time:** | **3rd Meal Time:** |
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| | | |
| | | |
| Total Calories: | Total Calories: | Total Calories: |
| **Water/Drinks**: 8 oz Increments<br>1 2 3 4 5 6 7 8 9 10<br>11 12 13 14 15 16 17 18 19 20 | **Water/Drinks:** 8 oz Increments<br>1 2 3 4 5 6 7 8 9 10<br>11 12 13 14 15 16 17 18 19 20 | **Water/Drinks:** 8 oz Increments<br>1 2 3 4 5 6 7 8 9 10<br>11 12 13 14 15 16 17 18 19 20 |
| **Activity/Exercise** | **Activity/Exercise** | **Activity/Exercise** |
| Type: | Type: | Type: |
| Duration: | Duration: | Duration: |
| Shake: 1 (2) Legumes : 1 (2)<br>Cat 2 Veg: 0 1 Protein: 1 2<br>Nuts/Seeds:1 2 Fats 1 2 3 4<br>Fruit: 1 2 Wh Grain: 0 1<br>Cat 1 Veg: 1 2 3 4 5 6 Vitamins: 1 | Shake: 1 (2) Legumes : 1 (2)<br>Cat 2 Veg: 0 1 Protein: 1 2<br>Nuts/Seeds:1 2 Fats 1 2 3 4<br>Fruit: 1 2 Wh Grain: 0 1<br>Cat 1 Veg: 1 2 3 4 5 6 Vitamins: 1 | Shake: 1 (2) Legumes : 1 (2)<br>Cat 2 Veg: 0 1 Protein: 1 2<br>Nuts/Seeds:1 2 Fats 1 2 3 4<br>Fruit: 1 2 Wh Grain: 0 1<br>Cat 1 Veg: 1 2 3 4 5 6 Vitamins: 1 |
| Stress Technique<br>Meal Prep For Tomorrow Y or N<br>Personal Goal For Tomorrow | Stress Technique<br>Meal Prep For Tomorrow Y or N<br>Personal Goal For Tomorrow | Stress Technique<br>Meal Prep For Tomorrow Y or N<br>Personal Goal For Tomorrow |