

Week of _____

Monday

Sleep (7-9 hours)									
Exercise									
Protein (size of palm)	B	L	D						
Produce (1/2 c fruit or veggie)	1	2	3	4	5	6	7	8	
Water – 8 oz glass	1	2	3	4	5	6	7	8	

Tuesday

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Exercise									
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Wednesday

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Thursday

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