

Date		Day#	Day of the week	
BREAKFAST	POINTS	SNACKS		POINTS
subtotal				
LUNCH	POINTS			
		WATER	subtotal	
		□□□□	calculations	
		□□□□		
		□□□□		
		□□□□		
subtotal		oz		
DINNER	POINTS	Exercise		
		<i>Distance</i>	<i>Time</i>	<i>A. Points</i>
		Total		
Dinner subtotal		Notes		
Lunch subtotal				
Breakfast subtotal				
Meals subtotal				
Snack Points		Time		
Total Points				WEIGHT

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BREAKFAST	POINTS	SNACKS		POINTS
subtotal				
LUNCH	POINTS			
		WATER	subtotal	
		□□□□	calculations	
		□□□□		
		□□□□		
		□□□□		
subtotal		oz		
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Lunch subtotal				
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Snack Points		Time		
Total Points				WEIGHT