

Date: Mon Tue W		led Thurs	FRi Sat Sun		Weight:
Time	FoodBeverage		Amount	Calories	
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	AND THE RESIDENCE OF THE PROPERTY OF THE PROPE				
			Totals:		
	Check # 8 ounce glasses of W	ater:	111		
Physical Acvtivity		Minutes	Intensity La	Intensity Low/Medium/High Calories	
		-			
HoW 1 o	did today: 🗆 Fabulous 🗆	□ Great	□ OK □ V	Vill Do Beller	2 Tomorrow

	***************************************	spiring Nutrit		***************************************	