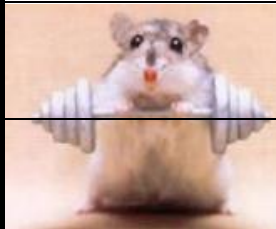


Sunday Week End Date	Monday Gym Y□N□ Notes Meal Time(s), Exercise Times, Cardio, other etc.?)	Tuesday Gym Y□N□ Notes Meal Time(s), Exercise Times, Cardio, other etc.?)	Wednesday Gym Y□N□ Notes Meal Time(s), Exercise Times, Cardio, other etc.?)	Thursday Gym Y□N□ Notes Meal Time(s), Exercise Times, Cardio, other etc.?)	Friday Gym Y□N□ Notes Meal Time(s), Exercise Times, Cardio, other etc.?)
Breakfast/ Beverage/					
Snack/ Beverage					
Lunch					
Snack/ Beverage					
Dinner					
Snack/ Beverage					
Alcohol Water Quantity					
SATURDAY					
SUNDAY					

*Eat breakfast – Small frequent meals – Limit Sugars, Salt, Carbs and Alcohol..NO Soda/Juice/Sports Drinks -
 Increase water intake
 Don't Eat after 7pm...See you at the gym!*