



W E I G H T L O S S P R O G R A M

FOOD & BEVERAGE JOURNAL

LOAD DAYS - Day 1 and Day 2 - Eat as much as you want, within reason, even high fat foods.

Start drops. Day 3 - start diet, continue drops.

Be sure to note everything you eat and drink and also note how much and when.

| DAY/DATE | FOOD | BEVERAGES |
|----------|------|-----------|
| 1/ | | |
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| 26/ | | |
| 27/ | | |
| 28/ | | |
| 29/ | | |
| 30/ | | |

NOTE: If additional weight loss is desired, continue to keep a journal of food and beverage intake.