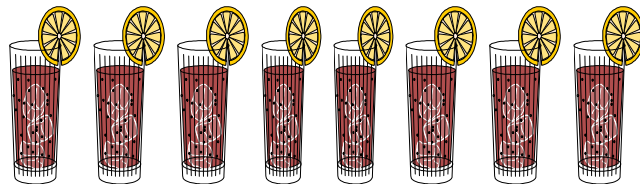




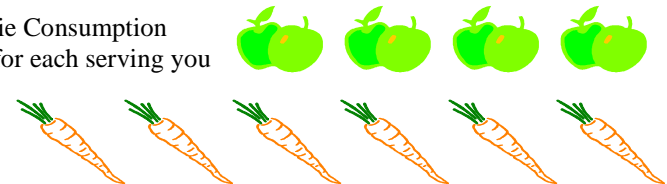
A Division of Island Fitness Express, INC.

Breakfast	Snacks	Lunch	Dinner	Total Food/Drink Calories	Add 100 calories for unconscious eating.

Water Consumption
Cross off for each 8oz glass you drink.



Fruit/Veggie Consumption
Cross off for each serving you have.



ACTIVITY	Intensity: Light, Moderate or Intense (L, M, I)	Minutes Each Session	Calories Burned
		Total Minutes	Total Calories

Today's notes; how did I feel, was I busy and what will I do differently tomorrow?.....Hunger rating when I snacked 1 2 3 4 5
