

DATE:

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						NOTE	<u> </u>				
	WAT	ER		W	EIGHT				EXERCI	SE	
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	VITAM	MINS			IVATION						

FOOD JOURNAL

WEEK OF:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY
			CATLIDAM		CLIND MV		NOTEC
	FRIDAY		SATURDAY		SUNDAY		NOTES
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	WATER		WEIGHT		EXERCISE		
	\Diamond \Diamond (3	STARTING WEIGHT				
(\Diamond \Diamond \Diamond		END OF WEEK WEIGHT	******		•••••	
	VITANAINIC						
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