

Food and Exercise Log

Date:	Phase 1 2 3
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Today's Exercise	Water: 1 2 3 4 5 6 7 8
Curves Workout: <input type="checkbox"/>	Shake: <input type="checkbox"/>
Other: <input type="checkbox"/>	Multi Vitamin: <input type="checkbox"/>

		Weight/Amount
Breakfast		
Snack		

		Weight/Amount
Lunch		
Snack		
Dinner		