Dr. Bolio	MONDAY Weight:	TUESDAY Weight:	WEDNESDAY Weight:	THURSDAY Weight:	FRIDAY Weight:	SATURDAY Weight:	SUNDAY Weight:
AFTER WAKING UP	Weight.	Weight.	Weight.	Weight.	Weight.	Weight.	Weight.
BREAKFAST							
MORNING SNACK							
MORNING SNACK							
LUNCH							
AFTERNOON SNACK							
AFTERNOON SNACK							
DINNER							
BEFORE SLEEP							