#### **Progress Chart**





Monday or	Day 1	Current Weight:	lbs / kg
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Drink			
Mood changes -	ation vations		
Tuesday or	Day 2	Current Weight:	lbs / kg
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Drink			
Mood changes -	ation  vations		
Wednesda	y or Day 3	Current Weight:	lbs / kg
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Drink			
Exercise and dur	ation		
Mood changes -			



Thursday	or Day 4	Current Weight:	lbs / kg
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Drink			
Mood changes	vations		lbs / kg
Breakfast			
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Drink			
_	vations		lbs / kg
Breakfast			
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Lunch			
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Dinner			
Drink			
Mood changes	ration vations		
Sunday o	Day 7	Current Weight:	lbs / kg
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Drink			
Mood changes	ration vations		



Monday or	Day 1	Current Weight:	lbs / kg
Breakfast			
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Drink			
Mood changes	ration vations		
Tuesday or	Day 2	Current Weight:	lbs / kg
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Drink			
Mood changes	ration vations		
Wednesda	y or Day 3	Current Weight:	lbs / kg
Breakfast			
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Drink			
Mood changes	ration		



Thursday or Day 4	Current Weight:	lbs / kg
Breakfast		
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Drink		
exercise and duration		
Mood changes		
Any other observations		11 / 1
Friday or Day 5	Current Weight:	lbs / k
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Any other observations	Current Weight:	



Monday or	Day 1	Current Weight:	lbs / kg
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Tuesday or	Day 2	Current Weight:	lbs / kg
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Wednesda	y or Day 3	Current Weight:	lbs / kg
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Drink			
Mood changes	ration		



Thursday or Day 4	Current Weight:	lbs / kg
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Wednesda	y or Day 3	Current Weight: _	lbs / kg
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Thursday or Day 4	Current Weight:	lbs / kg
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Monday or	Day 1	Current Weight:	lbs / kg
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Thursday	or Day 4	Current Weight:	lbs / kg
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Mood changes	ration vations		
Sunday o	Day 7	Current Weight:	lbs / kg
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Mood changes	ration vations		



Monday or	Day 1	Current Weight:	lbs / kg
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Monday or	Day 1	Current Weight:	lbs / kg
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Tuesday or	Day 2	Current Weight:	lbs / kg
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Wednesda	y or Day 3	Current Weight:	lbs / kg
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Saturday or Day 6  Breakfast Snack Lunch Snack Dinner Drink Exercise and duration	Current Weight:	



Monday or	Day 1	Current Weight:	lbs / kg
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Mood changes	ration vations		
Tuesday or	Day 2	Current Weight:	lbs / kg
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Mood changes	ration vations		
Wednesda	y or Day 3	Current Weight:	lbs / kg
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Dinner			
Drink			
Mood changes	ration		



Thursday or Day 4	Current Weight:	lbs / kg
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Exercise and duration		
Mood changes		
Any other observations		lbs / les
Friday or Day 5	Current Weight:	IDS / K§
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