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weightloss®

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DAILY JOURNAL



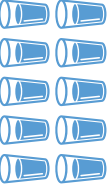
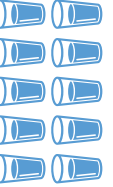
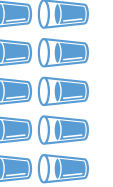


THE TIME FOR CHANGE IS NOW

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Daily Journal

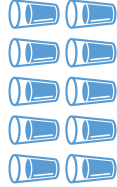
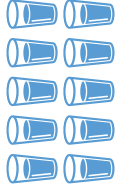


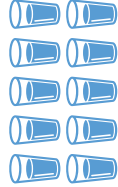
Make sure to log in your journal daily

	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 1 Fat Load		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 2 Fat Load		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 3		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 4		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 5		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

Key: P= 5 to 6 oz. of Protein F= 1 Serving of Fruit V²= 2 Servings of Vegetables

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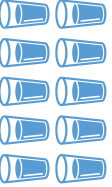
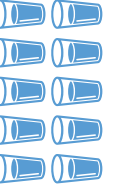
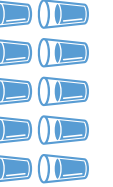
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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 6		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 7		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 8		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 9		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 10		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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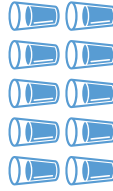



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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 11		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 12		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 13		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 14		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 15		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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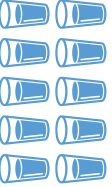
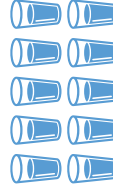
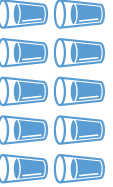
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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 16		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 17		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 18		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 19		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 20		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

Key: P= 5 to 6 oz. of Protein F= 1 Serving of Fruit V²= 2 Servings of Vegetables

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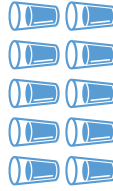



Make sure to log in your journal daily

	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 21		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 22		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 23		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 24		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 25		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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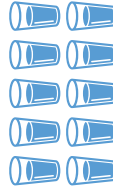



Make sure to log in your journal daily

	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 26		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 27		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 28		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 29		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 30		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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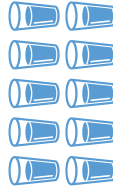



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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 31		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 32		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 33		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 34		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 35		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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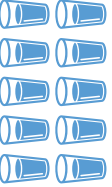
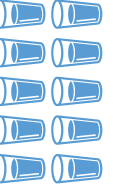
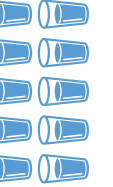
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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 36		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 37		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 38		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 39		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 40		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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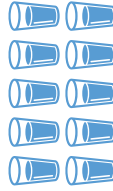



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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 41		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 42		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 43		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 44		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 45		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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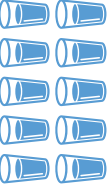
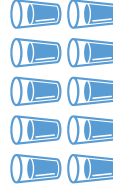
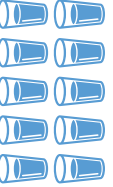
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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 46		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 47		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 48		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 49		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 50		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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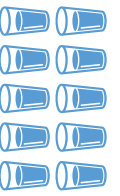
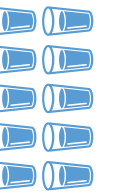
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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 51		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 52		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 53		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 54		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 55		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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	Weight	Supplements	Breakfast: PV	Snack: F	Lunch: P V ²	Snack: F	Lunch: P V ²	Beverages
FOODS CONSUMED								
Day 56		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 57		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 58		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 59		B12 Support <input type="checkbox"/> <input type="checkbox"/>						
Day 60		B12 Support <input type="checkbox"/> <input type="checkbox"/>						

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