

Mini Journal Card-Side Two

Date: _____ **Day:** _____

Meals ____1 ____2 ____3 ____4 ____5 ____6

Exercise _____

Comments/Food eaten/Issues _____

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Total _____

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Exercise _____

Comments/Food eaten/Issues _____

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Weekly Summary

Progress this week _____

Goal for next week _____

Weight _____ Pounds lost _____

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