

Goals	Monday	Tuesday	Wednesday
◇ _____	Breakfast _____	Breakfast _____	Breakfast _____
◇ _____	Lunch _____	Lunch _____	Lunch _____
◇ _____	Snack _____	Snack _____	Snack _____
◇ _____	Dinner _____	Dinner _____	Dinner _____
◇ _____	Treat _____	Treat _____	Treat _____
	Total _____	Total _____	Total _____
	Flex Cals Used _____	Flex Cals Used _____	Flex Cals Used _____
	Flex Cals Balance _____	Flex Cals Balance _____	Flex Cals Balance _____
	<i>Do something today your future self will thank you for</i>	<i>I'm not losing weight, I'm getting rid of it. I have no intention of finding it again</i>	<i>Being fat is hard. Losing weight is hard. Maintaining weight is hard. Choose your hard</i>

Goal Weight _____	Daily Calorie Budget _____	Per Meal Budget _____	Breakfast _____	Dinner _____	Treat _____
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Thursday	Friday	Saturday	Sunday
Breakfast _____	Breakfast _____	Breakfast _____	Breakfast _____
Lunch _____	Lunch _____	Lunch _____	Lunch _____
Snack _____	Snack _____	Snack _____	Snack _____
Dinner _____	Dinner _____	Dinner _____	Dinner _____
Treat _____	Treat _____	Treat _____	Treat _____
Total _____	Total _____	Total _____	Total _____
Flex Cals Used _____	Flex Cals Used _____	Flex Cals Used _____	Flex Cals Used _____
Flex Cals Balance _____	Flex Cals Balance _____	Flex Cals Balance _____	Flex Cals Balance _____

<i>You are what you eat- so don't be Fast, Cheap, Easy or Fake!</i>	<i>Don't give up what you want most, for what you want right now</i>	<i>6 months from now, you're not going to remember how the cookie tasted</i>	<i>A river cuts through a rock, not because of it's power, but it's persistence</i>
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