



Daily Health & Nutrition Journal

Eating a whole food diet rich in fruits, vegetables and legumes will offer you the fiber and prebiotics needed to activate the probiotic blend in any of the MenoLabs supplements. Tracking your food, water and exercise every day is a great way to see where you can make improvements in order to reach your goals.

<p>BREAKFAST</p>	<p>LUNCH</p>	<p>DINNER</p>	<p>SNACKS</p>																
<p>WATER (8oz glass)</p> <table border="0"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>EXERCISE</p>	<p>FIBER GOAL</p>	<p>SUPPLEMENTS</p>
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*64 to 128 oz daily

*Min 30 minutes daily

*21 to 25 grams daily

On a scale of 1-5, how was today and how well did you follow your plan?

1 2 3 4 5

What could be improved tomorrow?

We highly recommend the Institute of Medicines recommendation of maintaining a diet consisting of 25 grams of fiber for women 19-50, and 21 grams for women 50 and over, to maximize the results from your MenoLabs probiotic.

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