



Weekly 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.

	BREAKFAST	LUNCH	DINNER	SNACKS
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	WATER		EXERCISE	FIBER GOAL	SUPPLEMENTS
Monday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/> 64 oz	<input type="checkbox"/> 128 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*64 to 128 oz daily

*Min 30 minutes daily

*21 to 25 grams daily

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

1 2 3 4 5

What could be improved next week?

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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