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USE THIS WORKSHEET TO KEEP TRACK OF YOUR PROGRESS THROUGHOUT THE PROGRAM. SIMPLY MARK OFF THE SERVINGS YOU COMPLETED EACH DAY.

-  XR MUSCULOSKELETAL RECOVERY
-  PRE OP CARBOHYDRATE LOADING

		DAY BEFORE SURGERY					
Week 1	AM						
	PM						
		DAY OF SURGERY					
Week 2	AM						
	PM						
Week 3	AM						
	PM	