DAY:	DATE:	WEIGHT:		DIFFERENCE:	
RECORD FOOD CONSUMED:					
RECORD WATER CONSUMED:		128 OZ.	OTHER:	OZ.	
NOTES:					
	•				
DAY:	DATE:	WEIGH	T:	DIFFERENCE:	
RECORD FOOD CONSUMED:					
RECOR	D WATER CC	NSUMED:	128 OZ.	OTHER:	_ OZ.
NOTES:					
DAY:	DATE:	WEIGH	T:	DIFFERENCE:	
	D FOOD CO				
RECOR	D WATER CC	NSUMED:	128 OZ.	OTHER:	OZ.
NOTES	:				