

Weight Loss System **Daily Log**



TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

BREAKFAST	<input type="radio"/> Fit & Happy Shake™ <input type="radio"/> ALL-IN-ONE Happy Shake™ OR <input type="radio"/> Breakfast: _____ <input type="radio"/> Elevate MAX®+ Energy Caps <input type="radio"/> Drinks: _____
MID-MORNING	<input type="radio"/> Snack: _____ <input type="radio"/> Drinks: _____
LUNCH	<input type="radio"/> Fit & Happy Shake™ <input type="radio"/> ALL-IN-ONE Happy Shake™ OR <input type="radio"/> Lunch: _____ <input type="radio"/> Elevate MAX®+ Energy Caps <input type="radio"/> Drinks: _____
MID-AFTERNOON	<input type="radio"/> Snack: _____
DINNER	<input type="radio"/> Fit & Happy Shake™ <input type="radio"/> ALL-IN-ONE Happy Shake™ OR <input type="radio"/> Dinner: _____ <input type="radio"/> Drinks: _____
BEDTIME	<input type="radio"/> Unwined™
Daily H₂O	○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Reminder: Drink half your body weight in water each day.