

WEEKLY WEIGHT LOG:

This log is meant to help you keep track of your weight loss. Notice that there is only enough space to weigh yourself once a week. We firmly believe that if the scale measured your self-confidence, only then would it be worth checking every day.

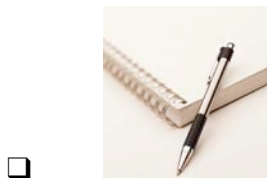
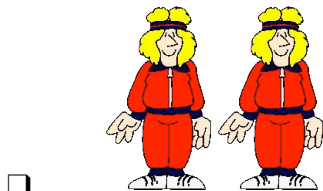
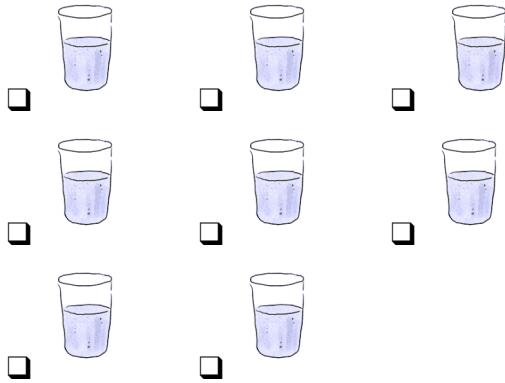
Starting Weight: _____ **Starting BMI:** _____

Weeks post op:	Date:	BMI	Weight:	Total weight lost:
1				
2				
3				
4				
5				
6				
7				
8				
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10				
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Weeks post-op:	Date:	BMI:	Weight:	Total weight lost:
27				
28				
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37				
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Daily Progress Log

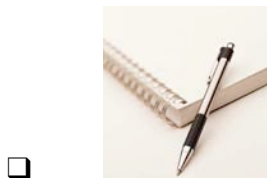
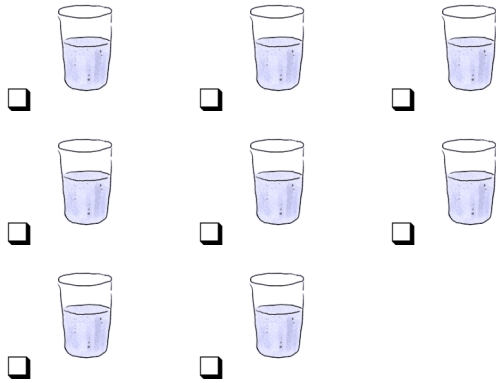
Date:



	Meal	Grams of Protein:
BREAKFAST		
	<input type="checkbox"/> Multivitamin	
	<input type="checkbox"/> 500 mg Calcium Citrate	
LUNCH		
	<input type="checkbox"/> 500 mg Calcium Citrate	
SNACK		
DINNER		
	<input type="checkbox"/> Multivitamin	
	<input type="checkbox"/> 500 mg Calcium Citrate	
TOTAL (Goal > 75 grams/day)		

Daily Progress Log

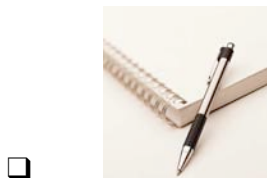
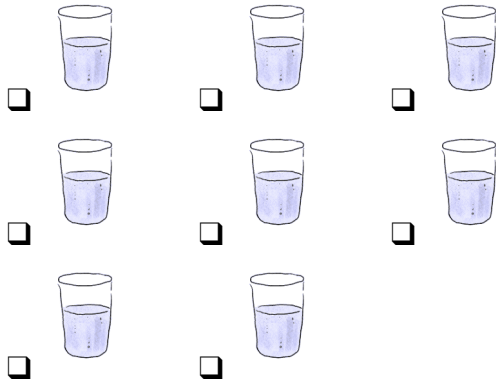
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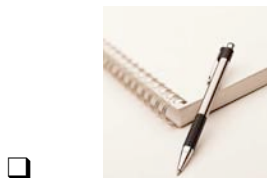
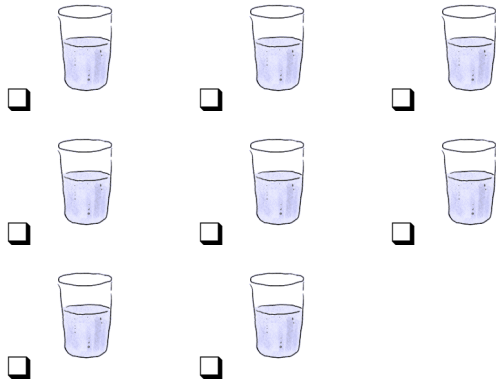
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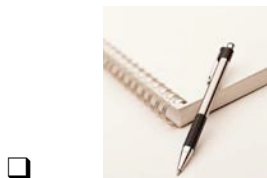
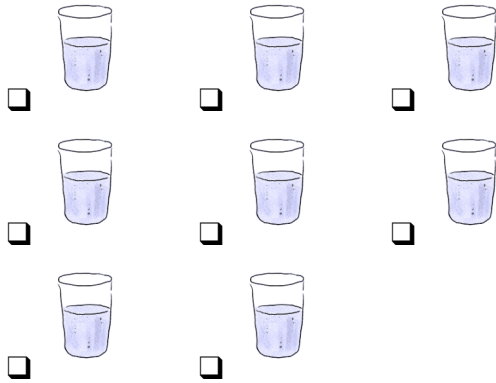
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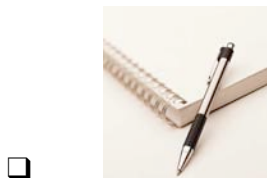
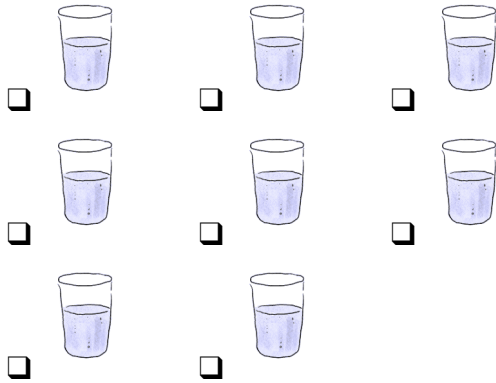
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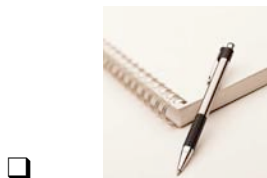
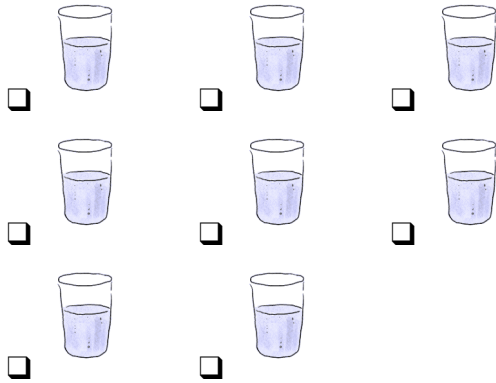
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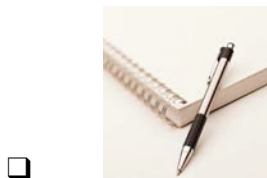
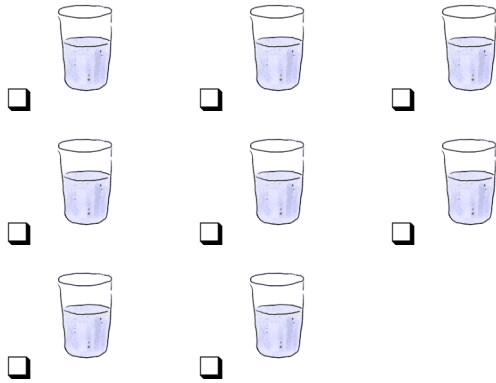
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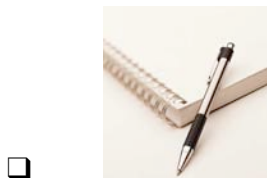
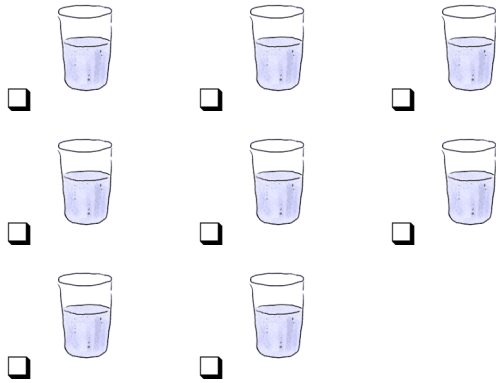
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