

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: _____

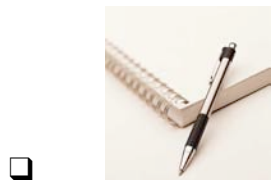
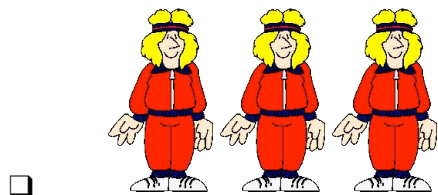
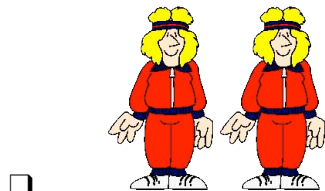
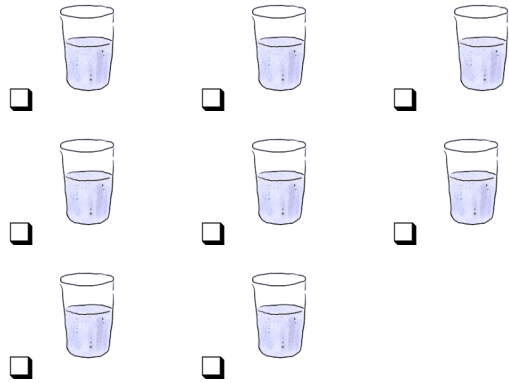
Starting BMI: _____

Weeks post op:	Date:	BMI	Weight:	Total weight lost:
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				

Weeks post-op:	Date:	BMI:	Weight:	Total weight lost:
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
53				
54				
55				
56				
57				
58				
59				
60				

Daily Progress Log

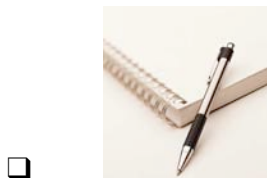
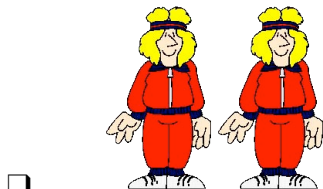
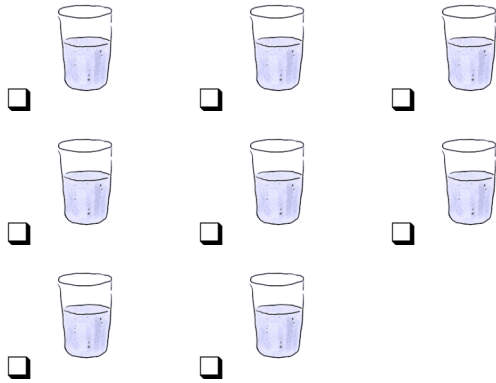
Date:



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

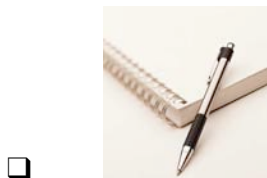
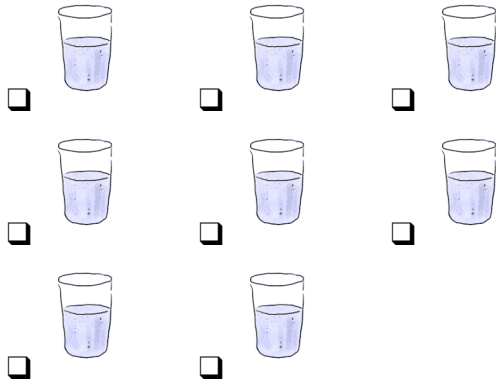
Date:



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

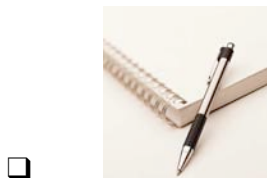
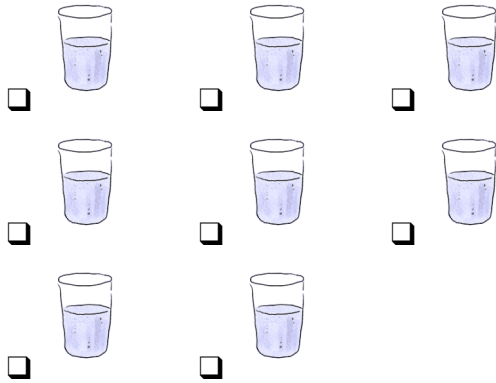
Date:



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

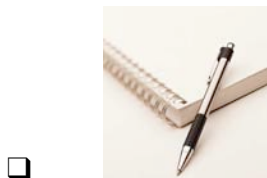
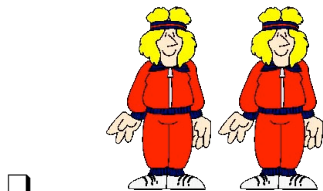
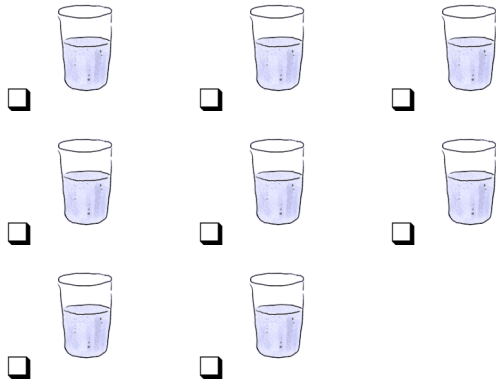
Date:



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

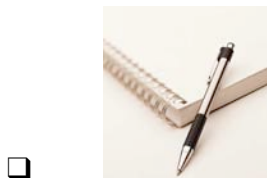
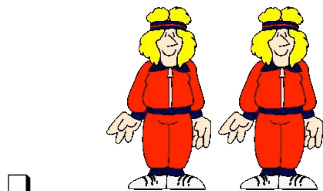
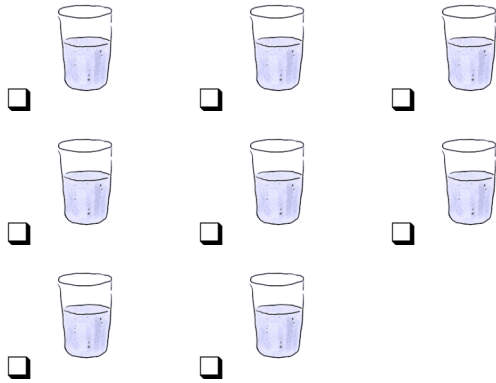
Date:



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

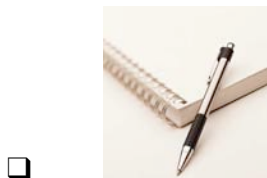
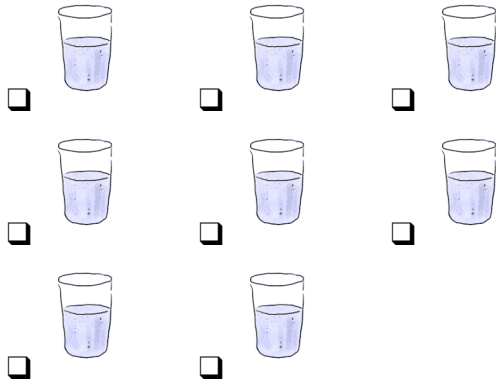
Date:



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

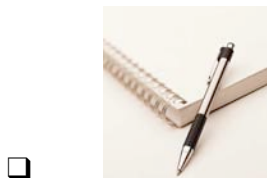
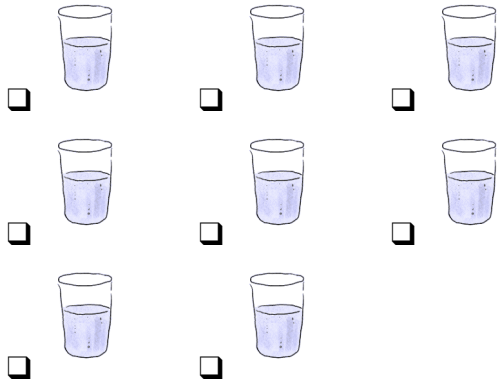
Date:



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

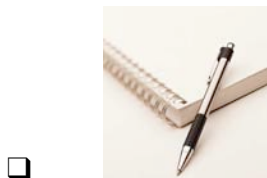
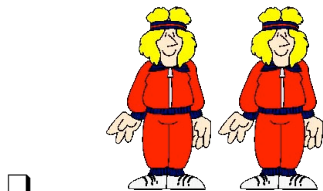
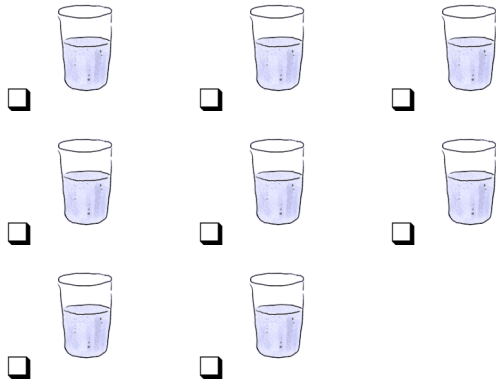
Date:



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

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)		

