SAMPLE SUMMARY STATEMENT:

Choose any quote from the book that motivates you

DIET DIARY								
WEEKLY WEIGHT:	MAINTENACE – WEEK 2						WEEKLY TOTAL:	
Principles	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
3–5 x A WEEK: **EXERCISE:** Cardio + Strengthening								
ONCE A DAY: **LIGHT/HWC MEAL**								
BETWEEN MEALS: **SUBSTITUTION SNACKS**								
ONCE A DAY: **CF MEAL**								
BETWEEN MEALS: **SUBSTITUTION SNACKS**								
ONCE A DAY: **MIXED MEAL**								
BETWEEN MEALS: **SUBSTITUTION SNACKS**								
EXCEPTIONS: **SMART EXCEPTIONS** (Instead of one of the Substitution snacks above)								
NOTES (ONLY 3 Words)								
Where								
Emotion								
Activity								
NOTES (ONLY 3 Words)								
Where								
Emotion								
Activity								