

### SAMPLE SUMMARY STATEMENT:

Choose one quote from the book that motivates you

DIET DIARY								
WEEKLY WEIGHT:	MAINTENANCE – WEEK 4						WEEKLY TOTAL:	
Principles	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
3-5 x A WEEK: <b>EXERCISE:</b> Cardio + Strengthening								
ONCE A DAY: <b>LIGHT/HWC MEAL</b>								
BETWEEN MEALS: <b>SUBSTITUTION SNACKS</b>								
ONCE A DAY: <b>CF MEAL</b>								
BETWEEN MEALS: <b>SUBSTITUTION SNACKS</b>								
ONCE A DAY: <b>MIXED MEAL</b>								
BETWEEN MEALS: <b>SUBSTITUTION SNACKS</b>								
EXCEPTIONS: <b>SMART EXCEPTIONS</b> (Instead of one of the Substitution snacks above)								
<b>NOTES (ONLY 3 Words)</b>								
Where								
Emotion								
Activity								
<b>NOTES (ONLY 3 Words)</b>								
Where								
Emotion								
Activity								