WEEKLY FOOD DIARY

Family Health Pro Medical Clinic
www.familyhealth.pro
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Tomball, TX 77375
Tel: 281.255.2001
*Hablamos Espanol

WEEK OF _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE 15 MIN: Y / N	EXERCISE 15 MIN: Y / N	EXERCISE 15 MIN: Y / N	EXERCISE 15 MIN: Y / N	EXERCISE 15 MIN: Y / N	EXERCISE 15 MIN: Y / N	EXERCISE 15 MIN: Y / N
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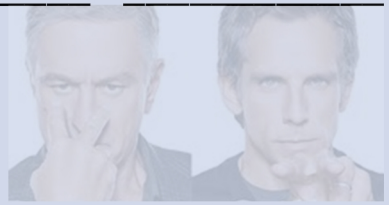
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

LAST WEEK WEIGHT:_____

THIS WEEK WEIGHT:_____

WENT WELL:

NEEDS MORE:

NEEDS DIFFERENT: