

Weight

Body Fat %

Hydration%

Date:

## Daily Routine

## Water Intake



Weight Loss Formula



Supplements



ph Minerals & Max B



sip on this until 4 pm



Coconut Oil in morning



X

X



Apple Cider Vinegar

X



= 8oz



LUNCH

DINNER

Protein:

Protein:

Fruit:

Fruit:

Vegetables:

Vegetables:

Total Calories

add coconut oil to  
total

Lunch Calories:

Dinner Calories:

Are you hungry?



How is your energy?

Scale of 1 to 10

\_\_\_\_\_

Did you deviate?



If so, how?

How would you rate your sleep?

Scale of 1 to 10.

\_\_\_\_\_

How is your joint pain?

Scale of 1 to 10

\_\_\_\_\_

Any health challenges? (headache, nausea, etc.)



Did you do a  
Boost Blaster?



Today I am grateful for...

