

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

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Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

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Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

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Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					