



Time \_\_\_\_\_ Pre-breakfast BSL \_\_\_\_\_

Breakfast:

+2 hours BSL \_\_\_\_\_

**date:** \_\_\_/\_\_\_/\_\_\_

**weight:** \_\_\_\_\_

Exercise

Steps:

Time \_\_\_\_\_ Pre-lunch BSL \_\_\_\_\_

Lunch:

+2 hours BSL \_\_\_\_\_

Snack:

Time \_\_\_\_\_

Time \_\_\_\_\_ Pre-dinner BSL \_\_\_\_\_

Dinner:

+2 hours BSL \_\_\_\_\_

Exercise

Steps:

Snack:

Time \_\_\_\_\_

Before bed BSL \_\_\_\_\_

Total!  
Steps:



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**weight:** \_\_\_\_\_

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Exercise

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Dinner:

Steps:

Snack:

Time \_\_\_\_\_

+2 hours BSL \_\_\_\_\_

Total!  
Steps:

Before bed BSL \_\_\_\_\_



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Time \_\_\_\_\_

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Total!

Before bed BSL \_\_\_\_\_

Steps:



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Breakfast:

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Total!  
Steps:

Before bed BSL \_\_\_\_\_