


My 24 Hour Plan

Date:

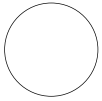
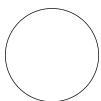
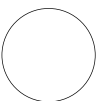
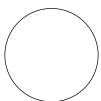
Breakfast		On plan Started at Hungry Stopped at Enough
Lunch		On plan Started at Hungry Stopped at Enough
Dinner		On plan Started at Hungry Stopped at Enough
Snack		On plan Started at Hungry Stopped at Enough
Movement		On plan

Water 250 ml	
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What's one obstacle I might face today?

What's one thing I can do to deal with it?

On a scale of 1-4 how doable is the plan

1		2		3		4	
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What's one thing I can do to lose weight tomorrow?