Symply TOO GOOD TO BE TRUE®

28 DAY WEIGHTLOSS MASTERCLASS

DAY _____ DATE _____ / _____ / _____

QTY/WGT	Breakfast	Fats	Calories
	Lunch		
	Dinner		
	Snacks		
Totals			

Water 🥛🥛🥛🥛🥛🥛🥛🥛   **Fruit** 🍎🍎🍎🍎   **Veg/Salad** 🍅🍅🍅🍅🍅🍅🍅

My exercise for today _____

How woud I rate today? (circle one)   Outstanding | Good | Average | Lost the plot

Why? _____

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