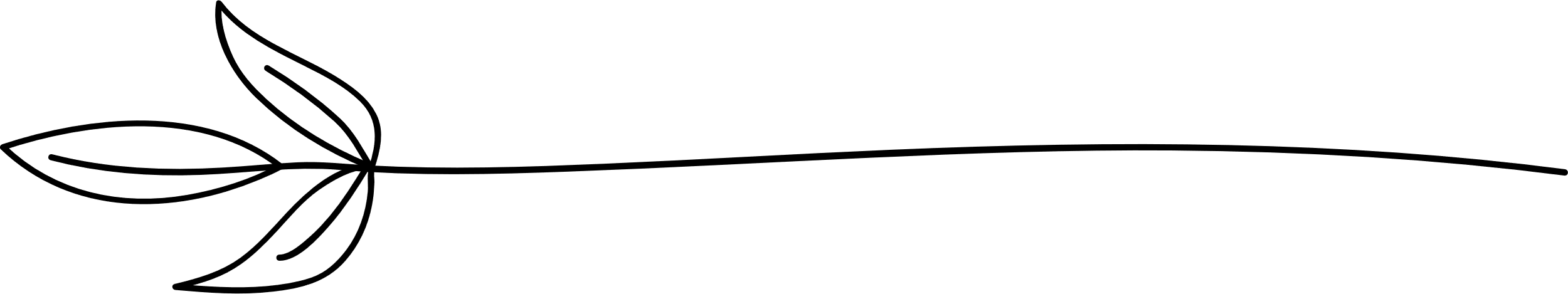
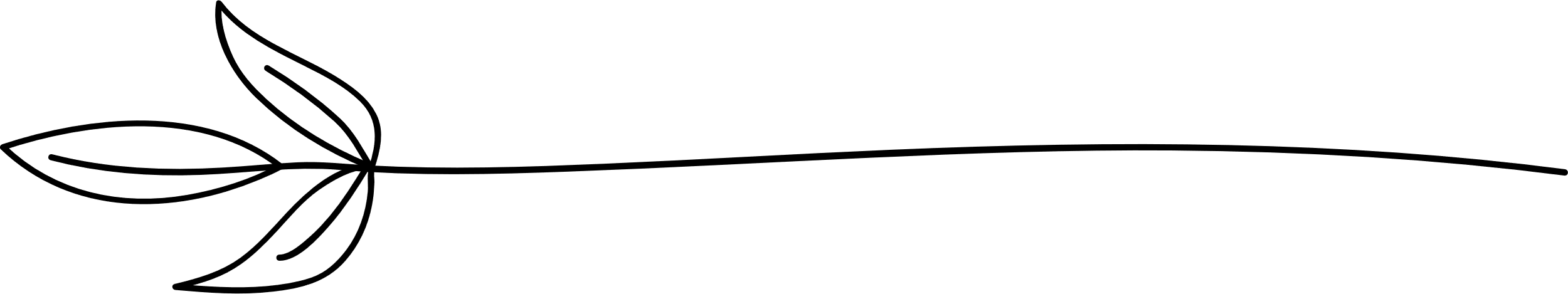
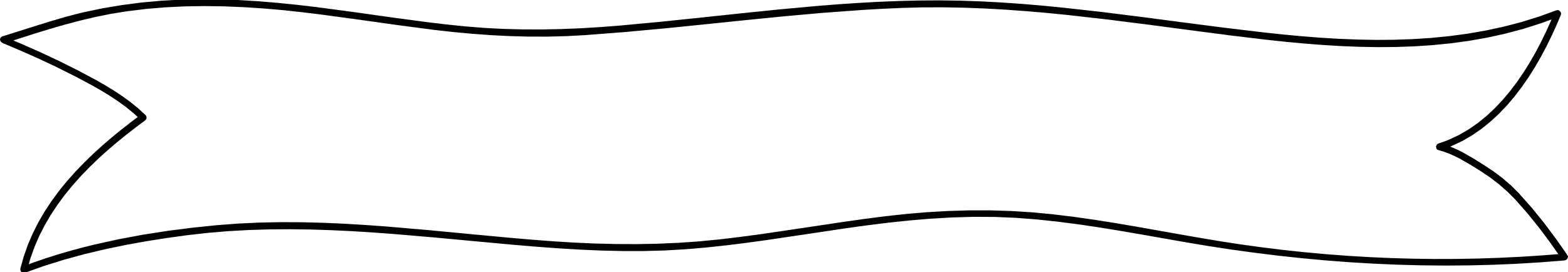
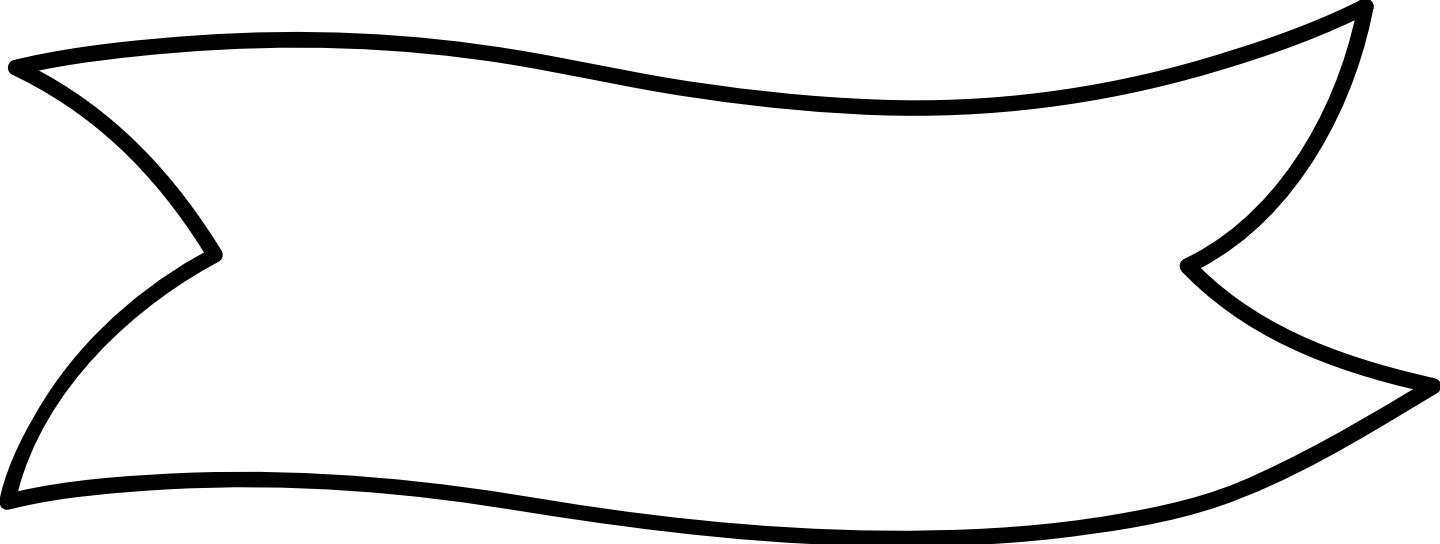
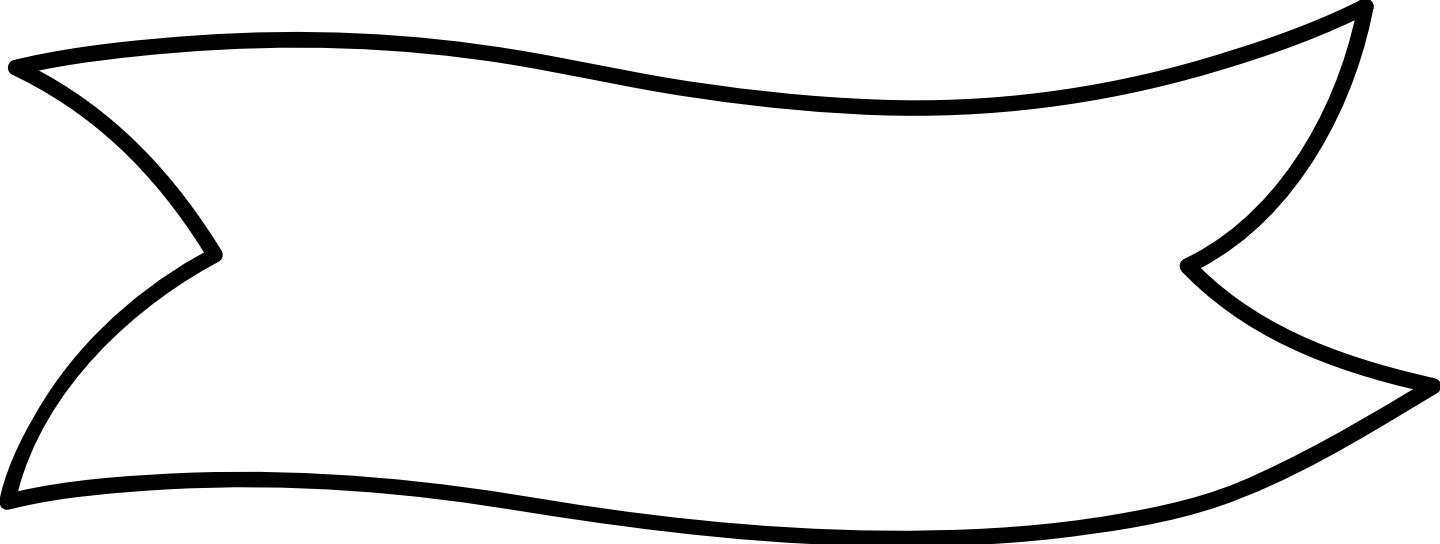
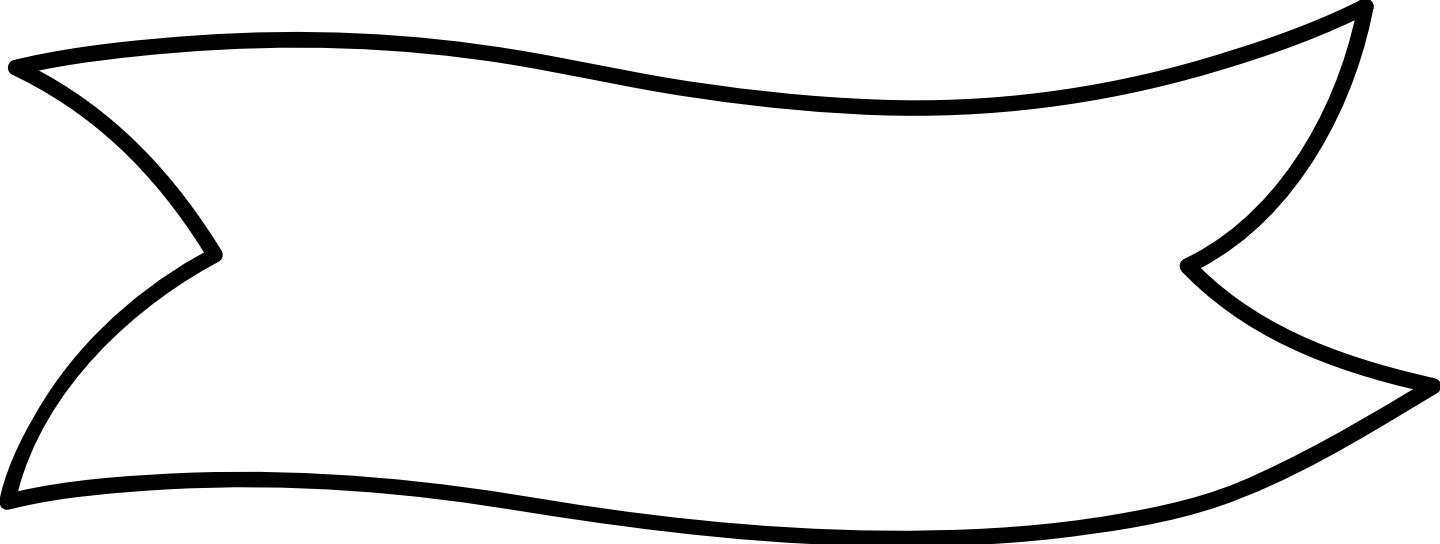
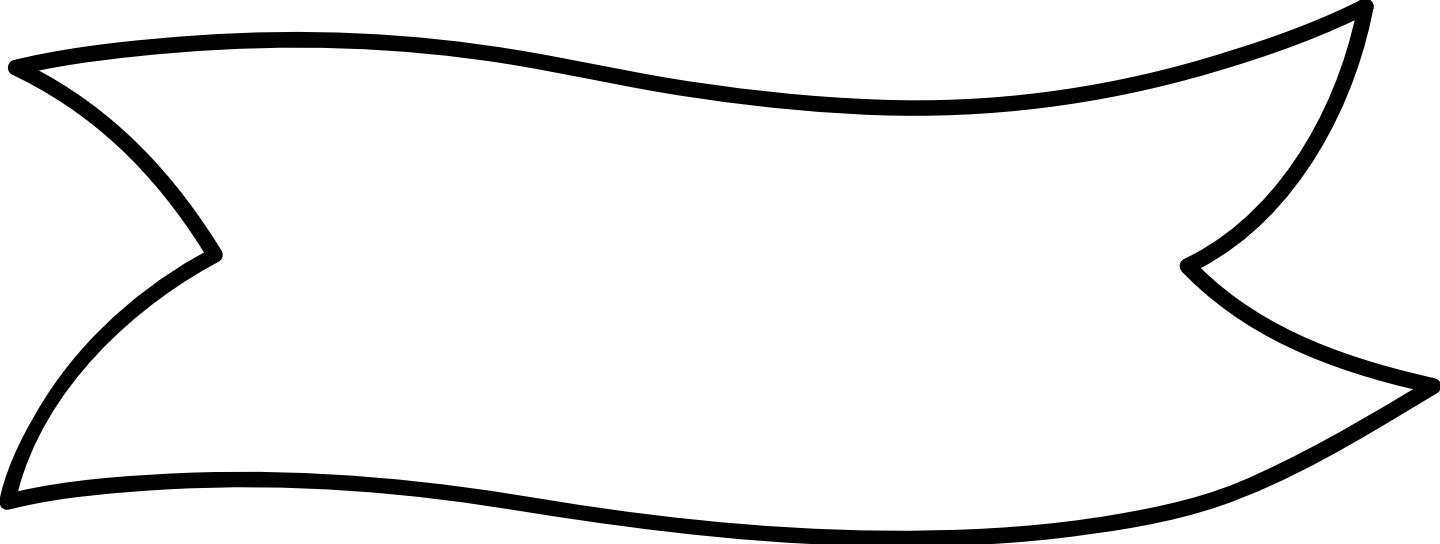
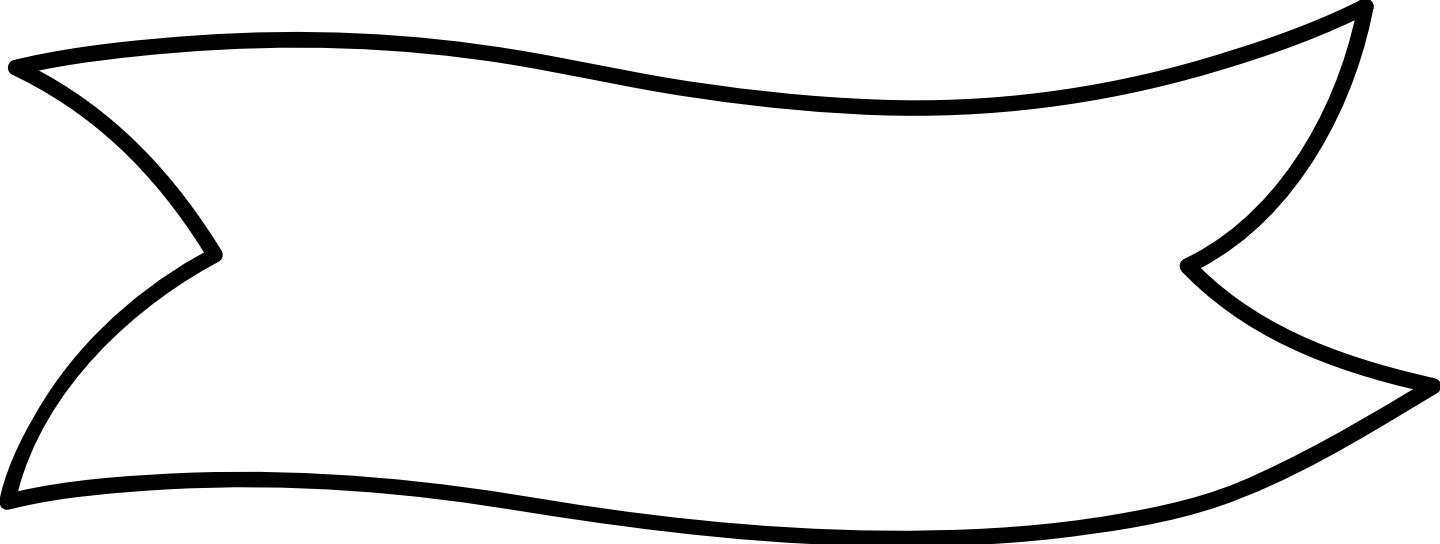
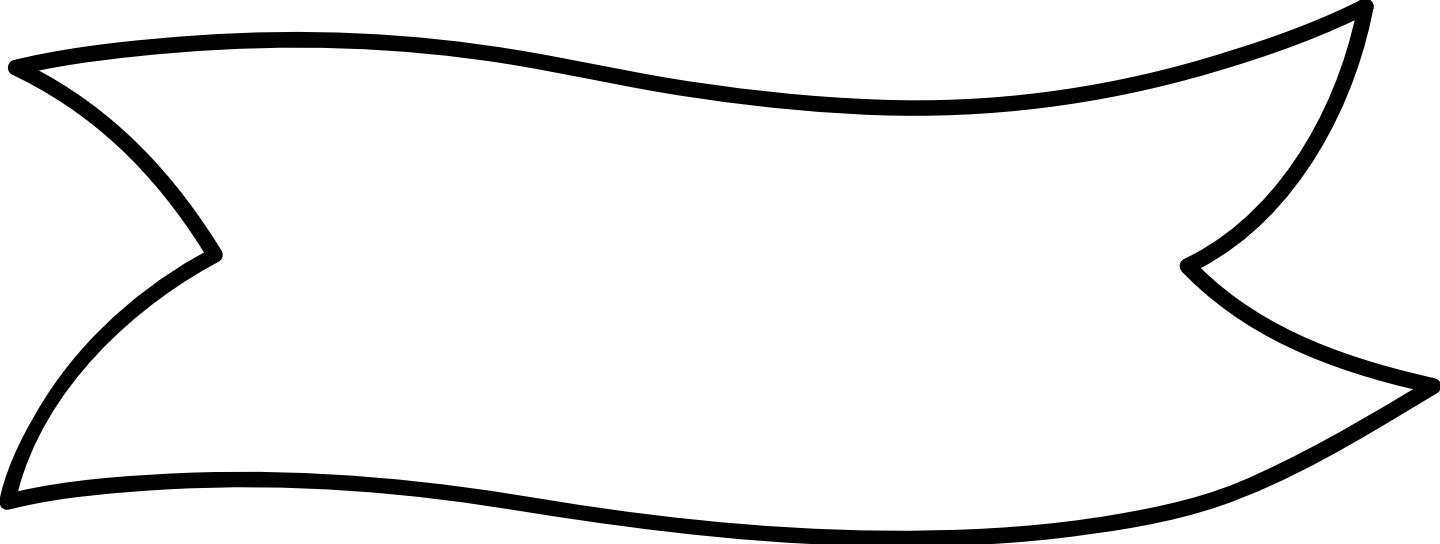
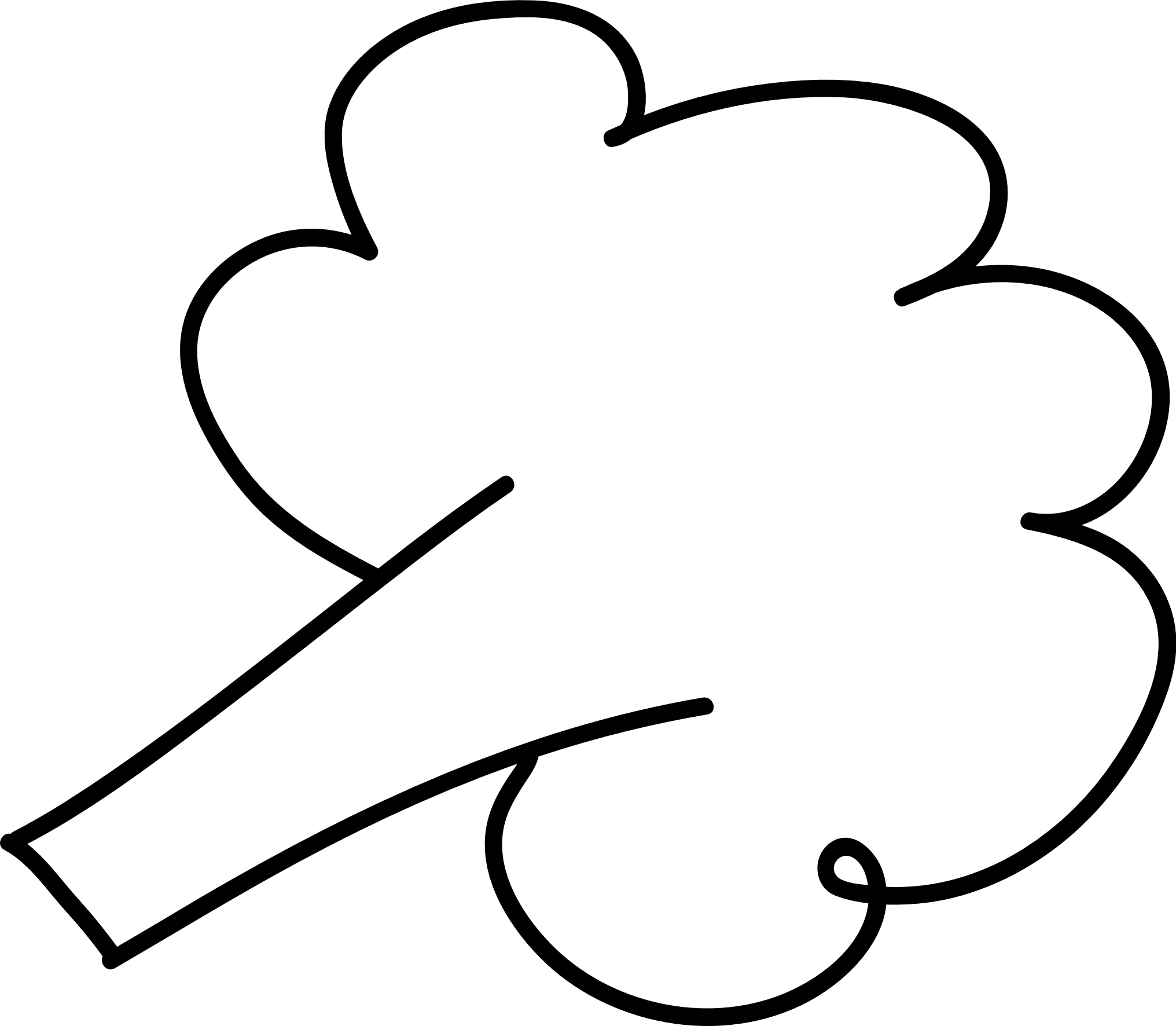
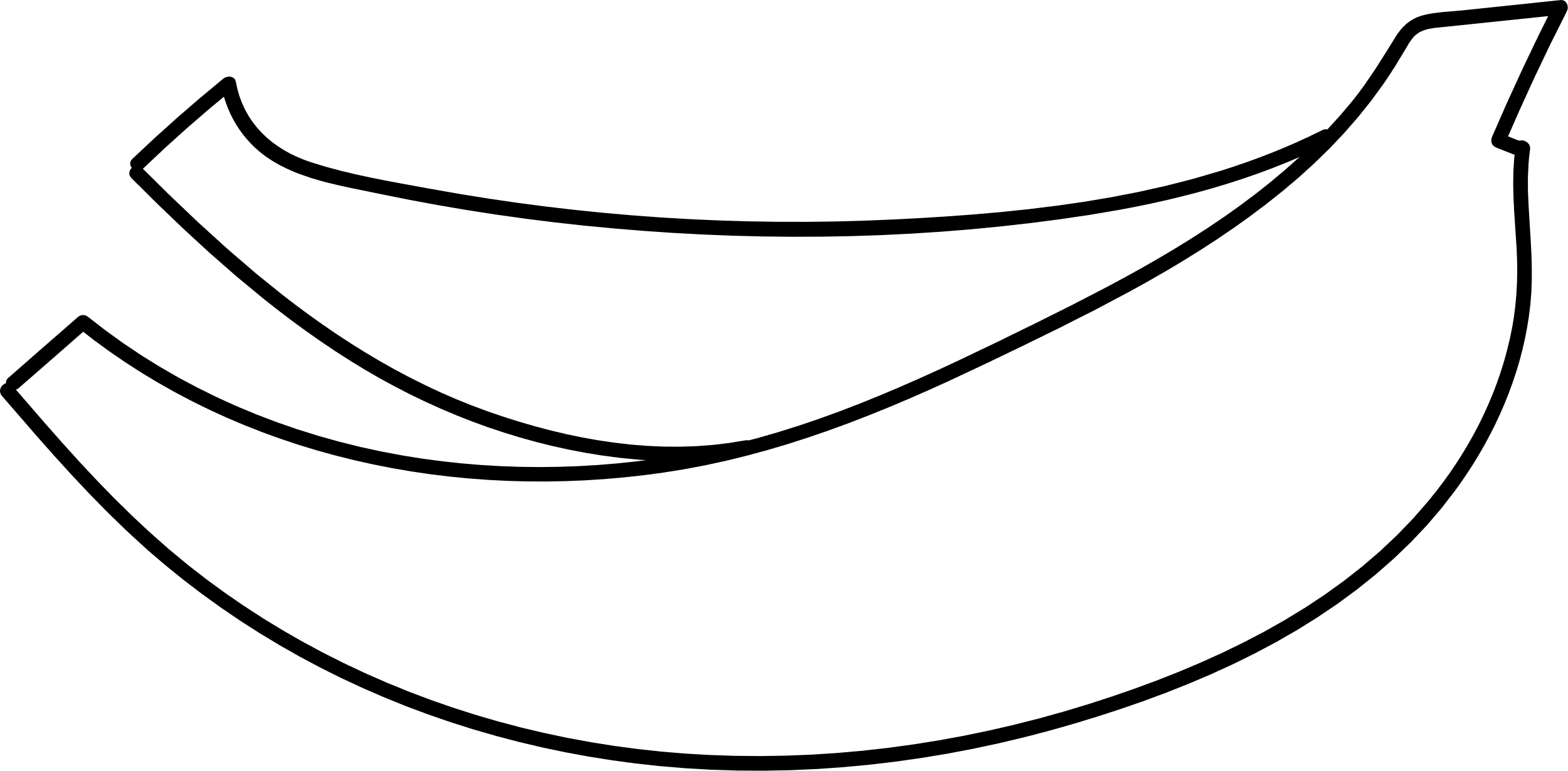
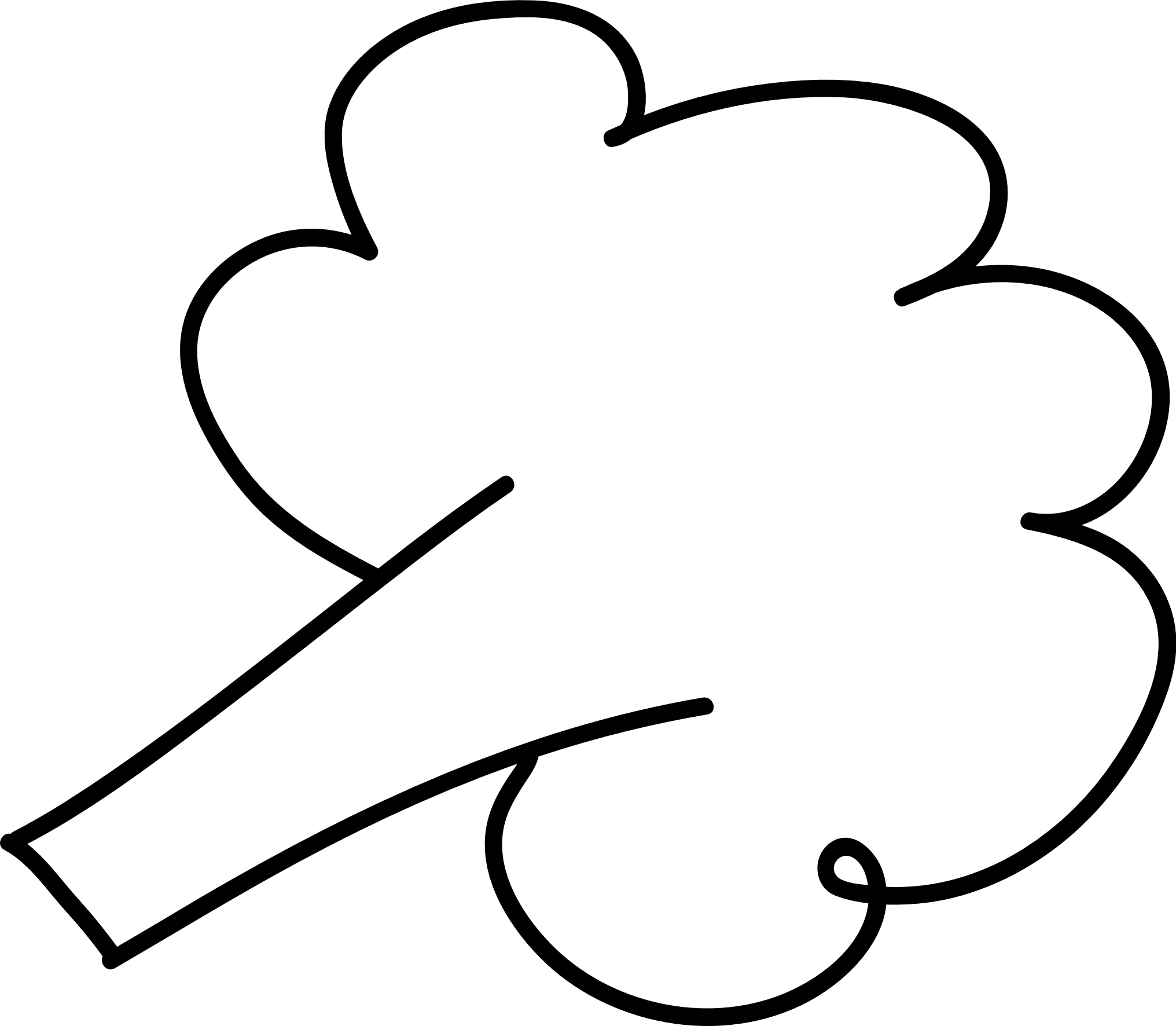
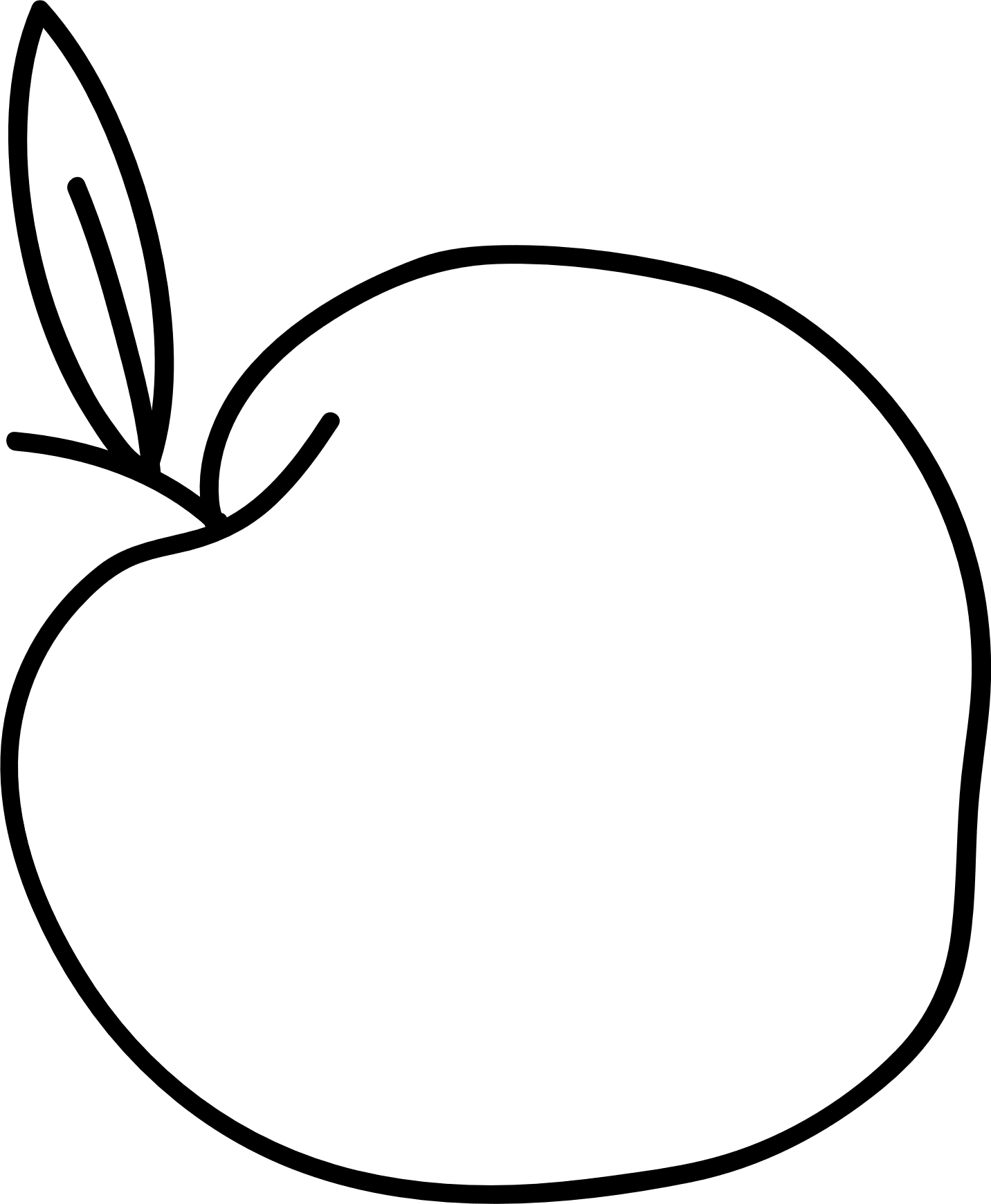
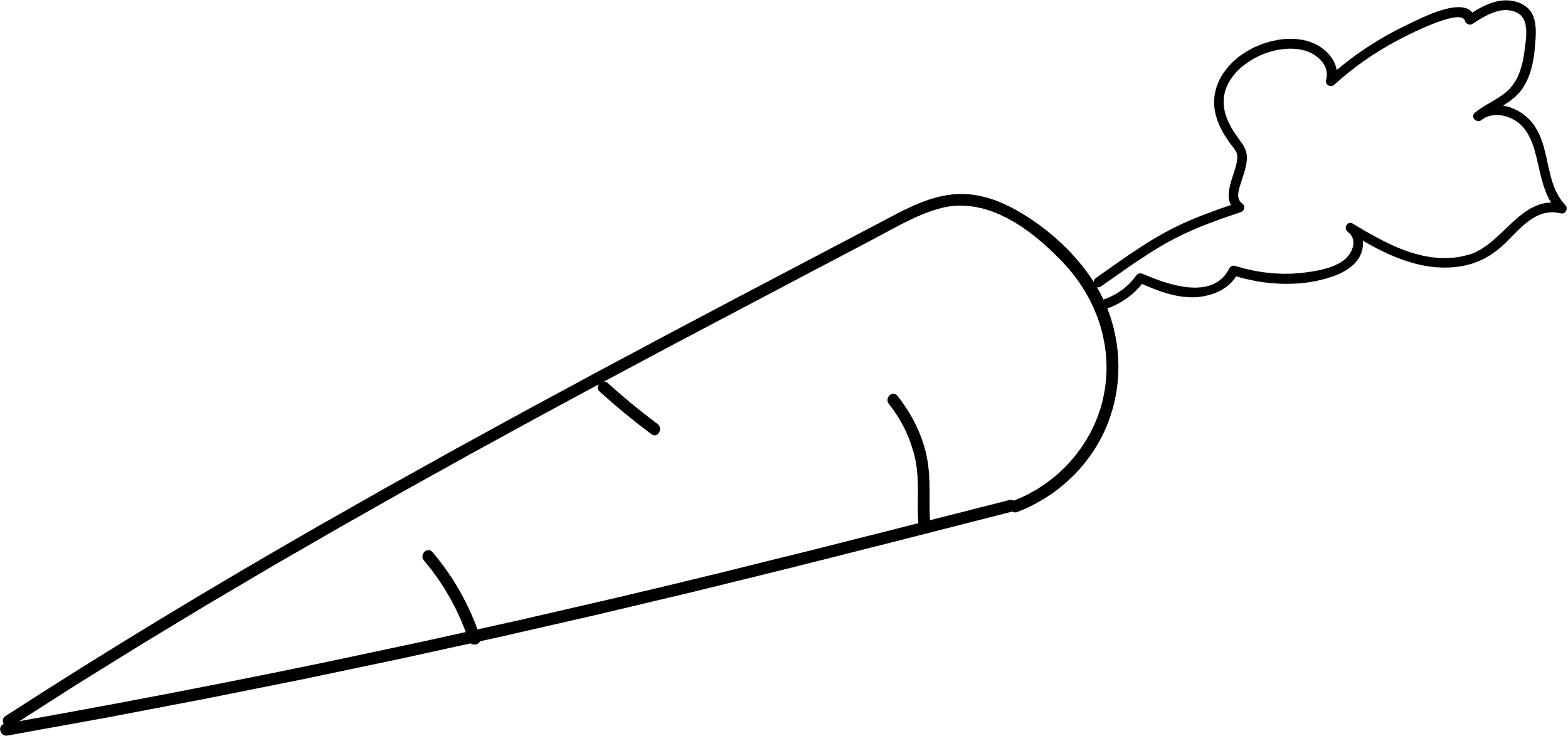
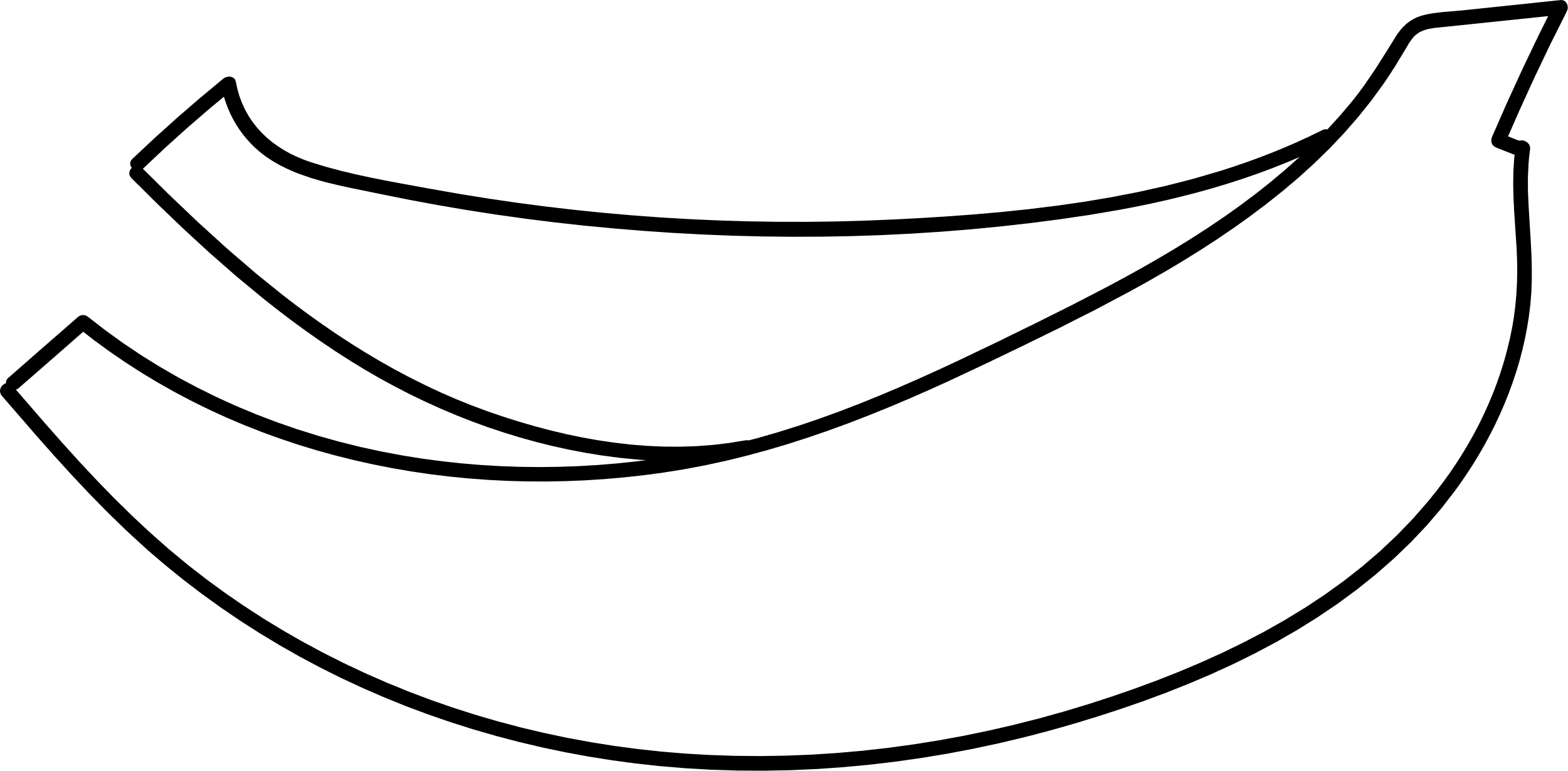
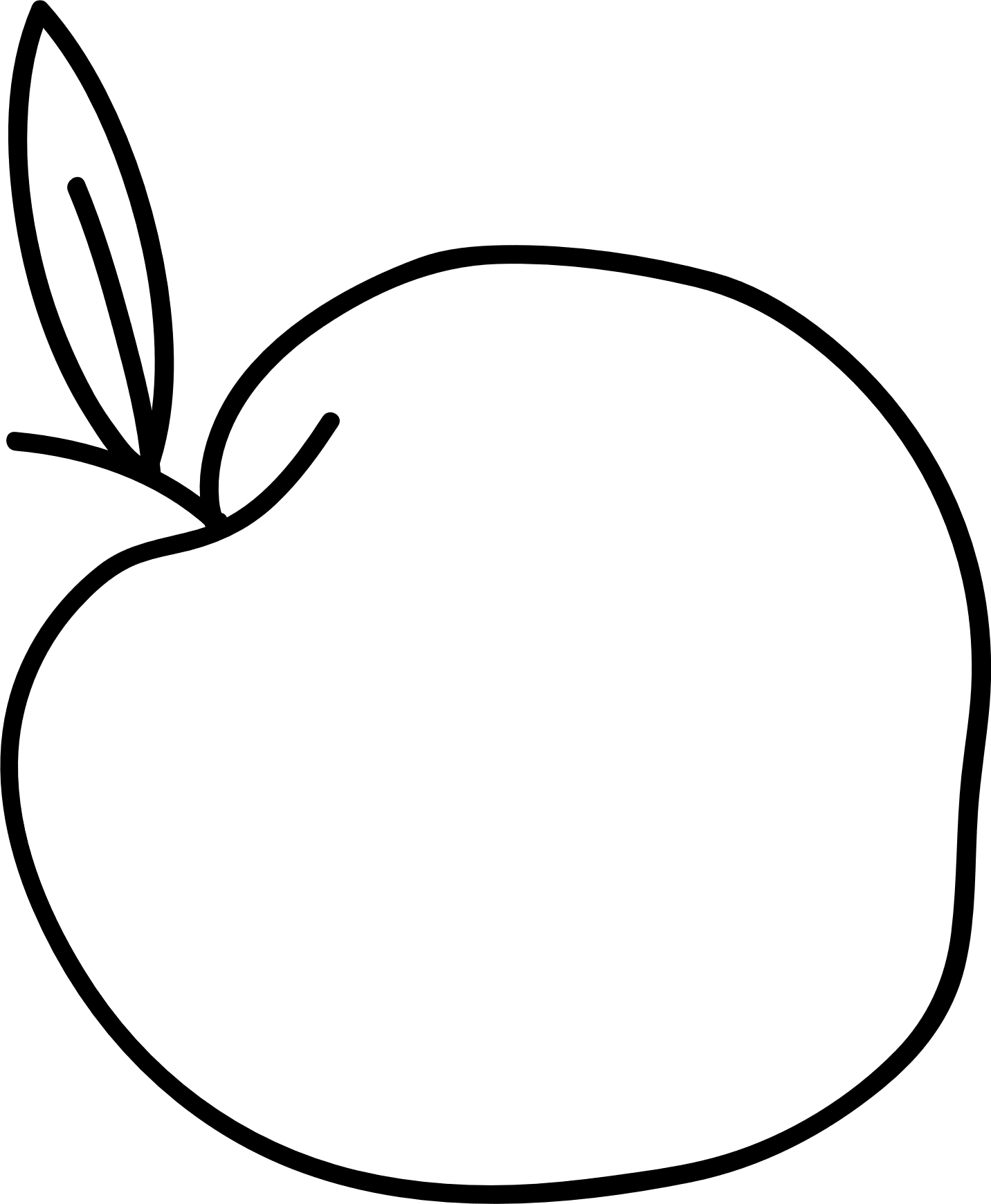
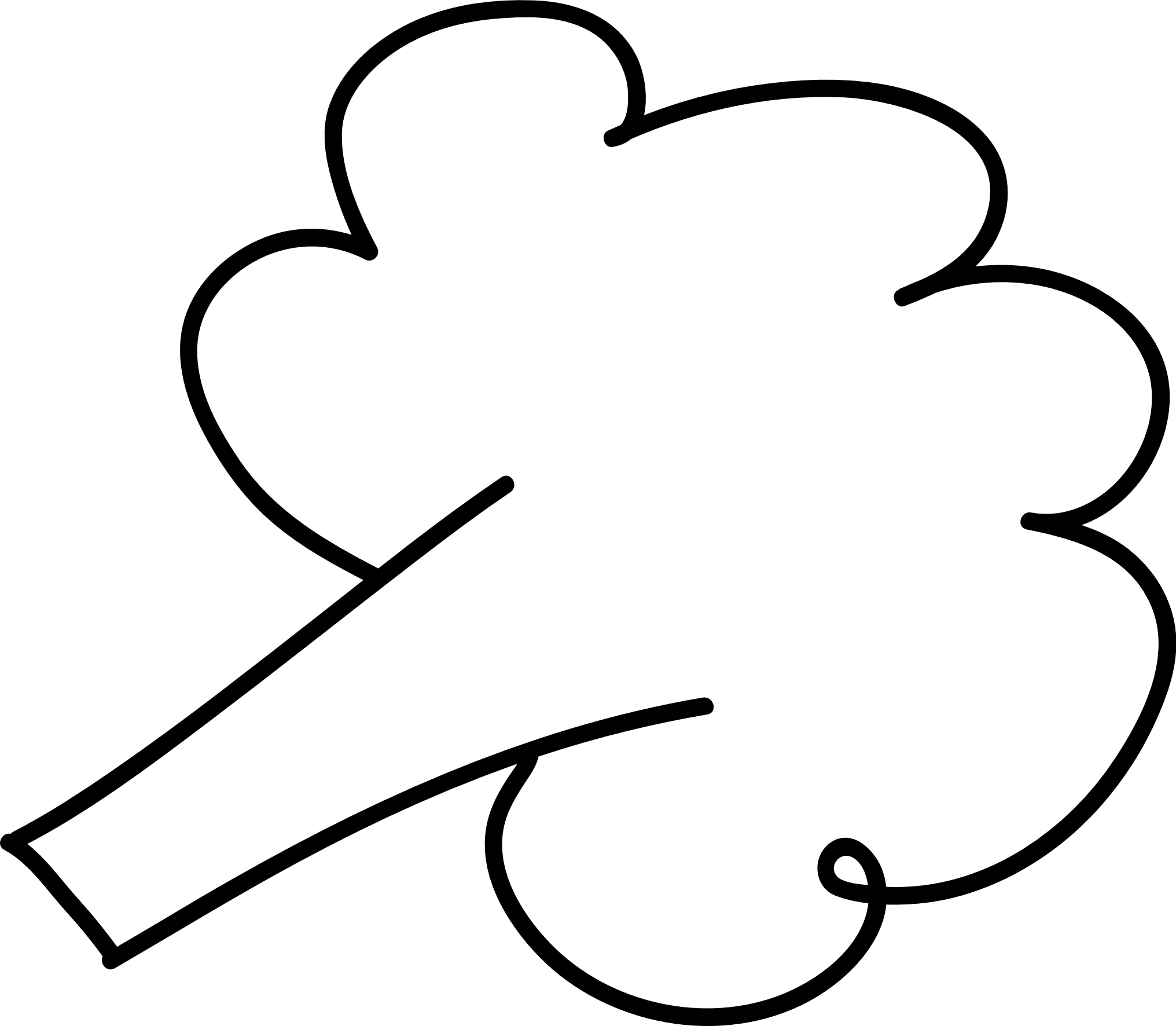


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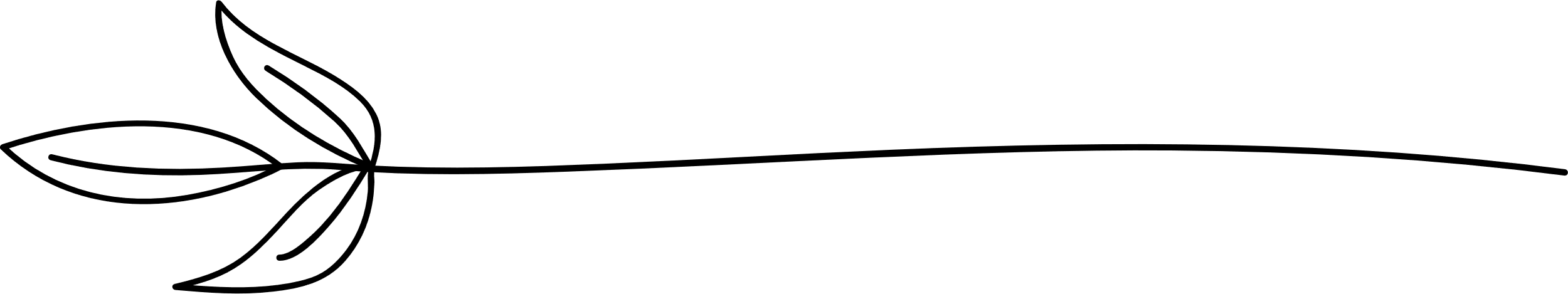
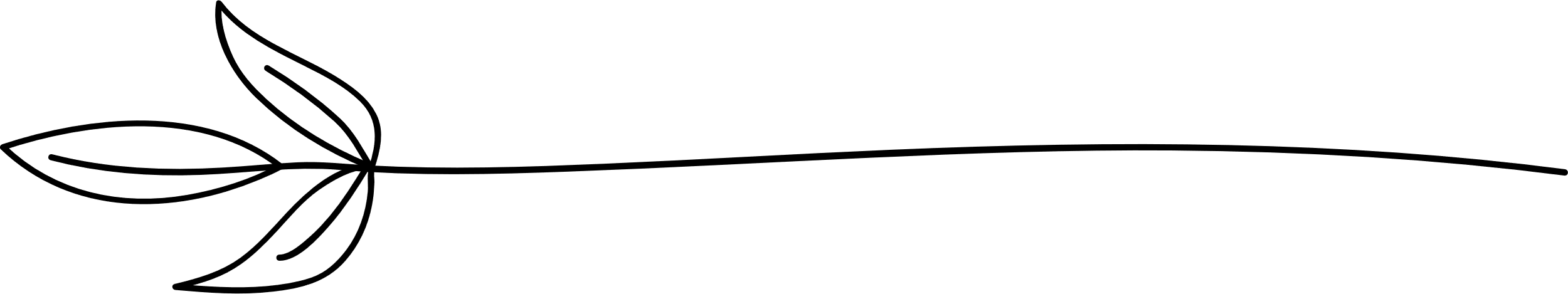


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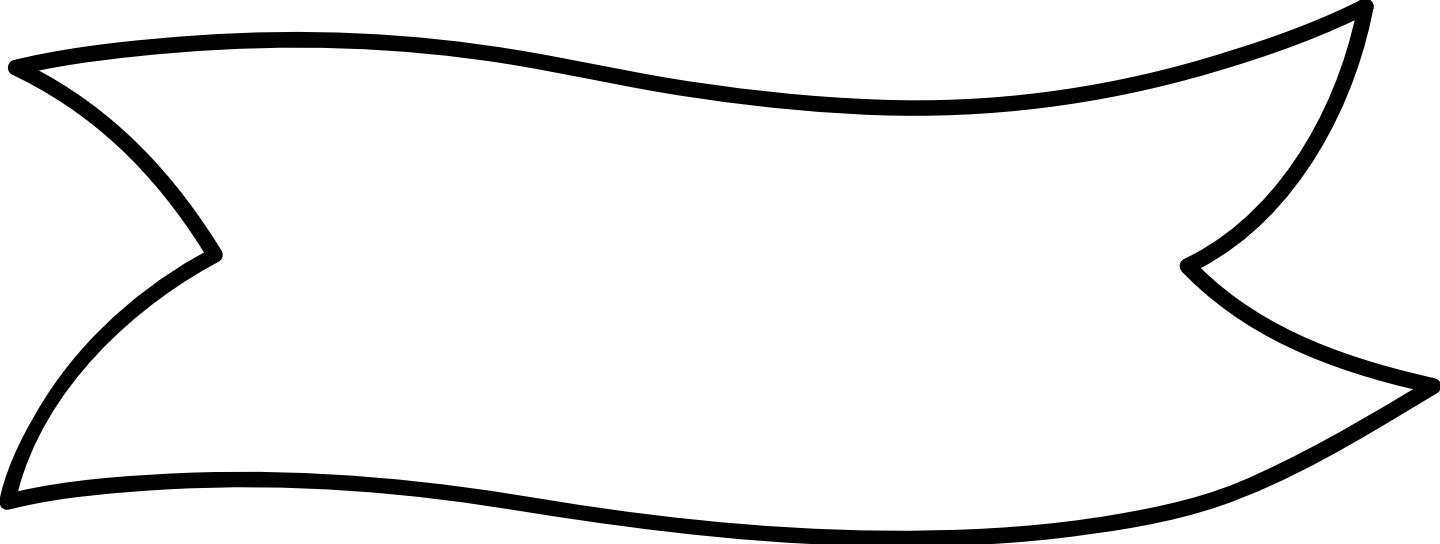
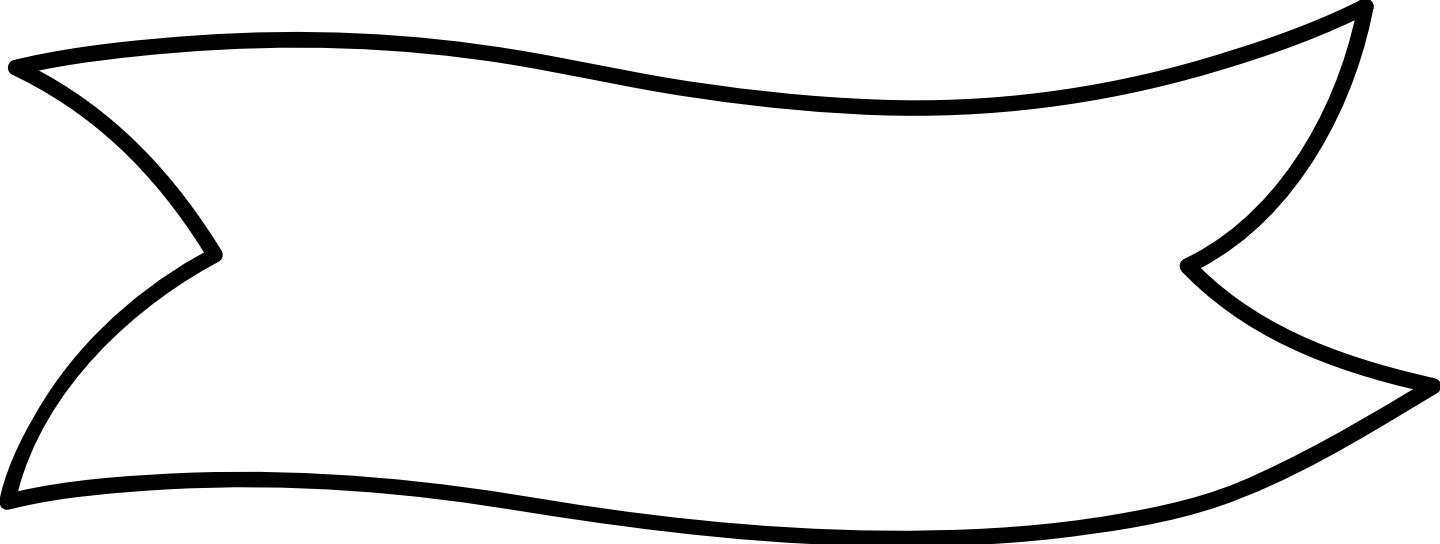
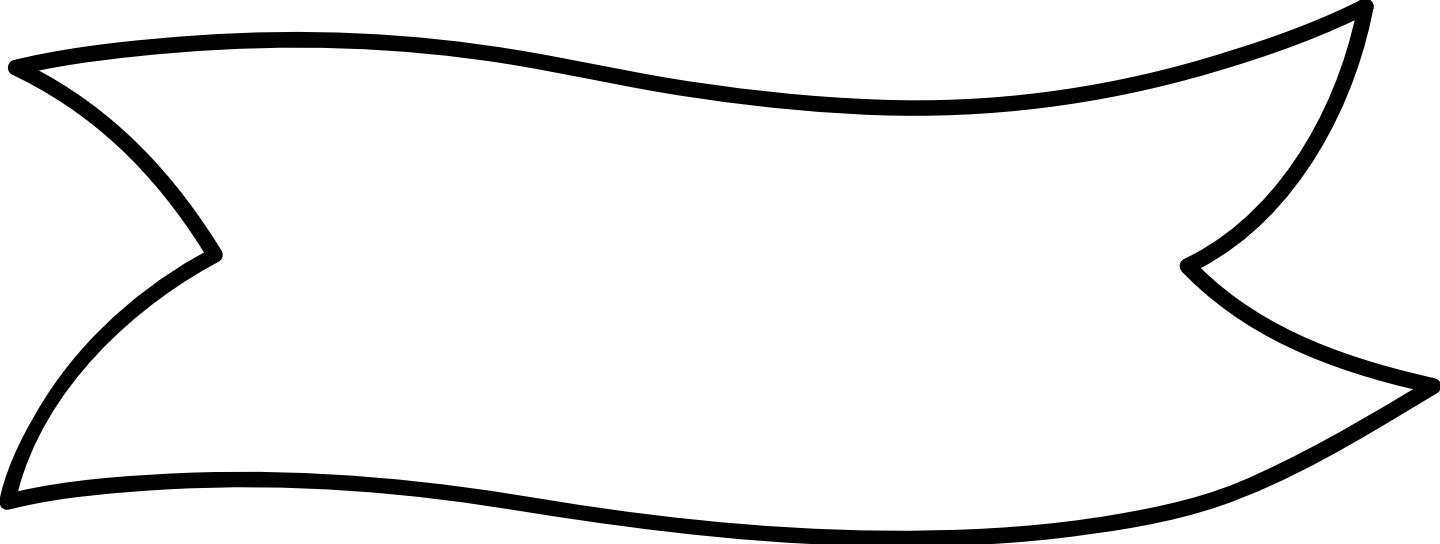
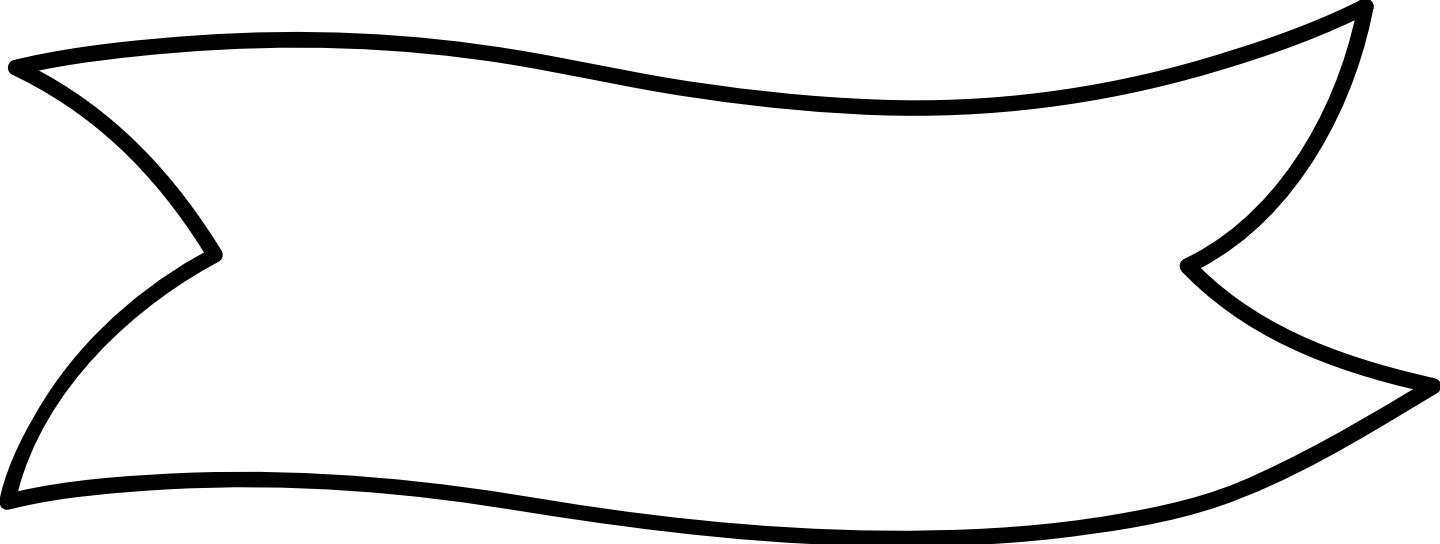
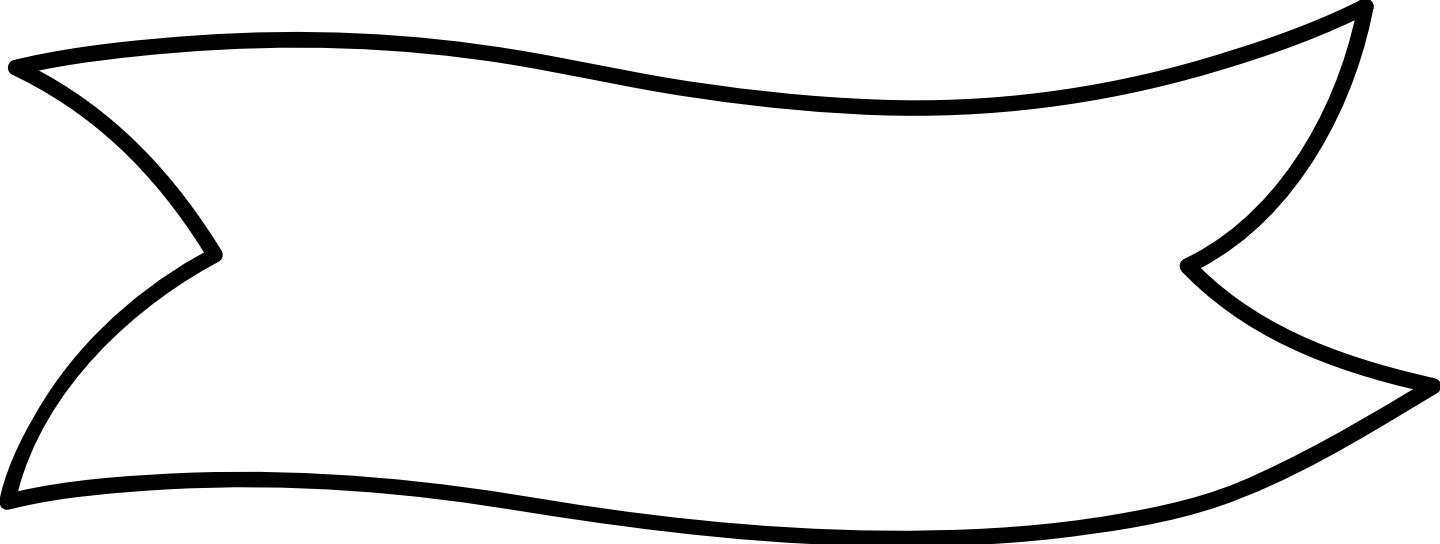
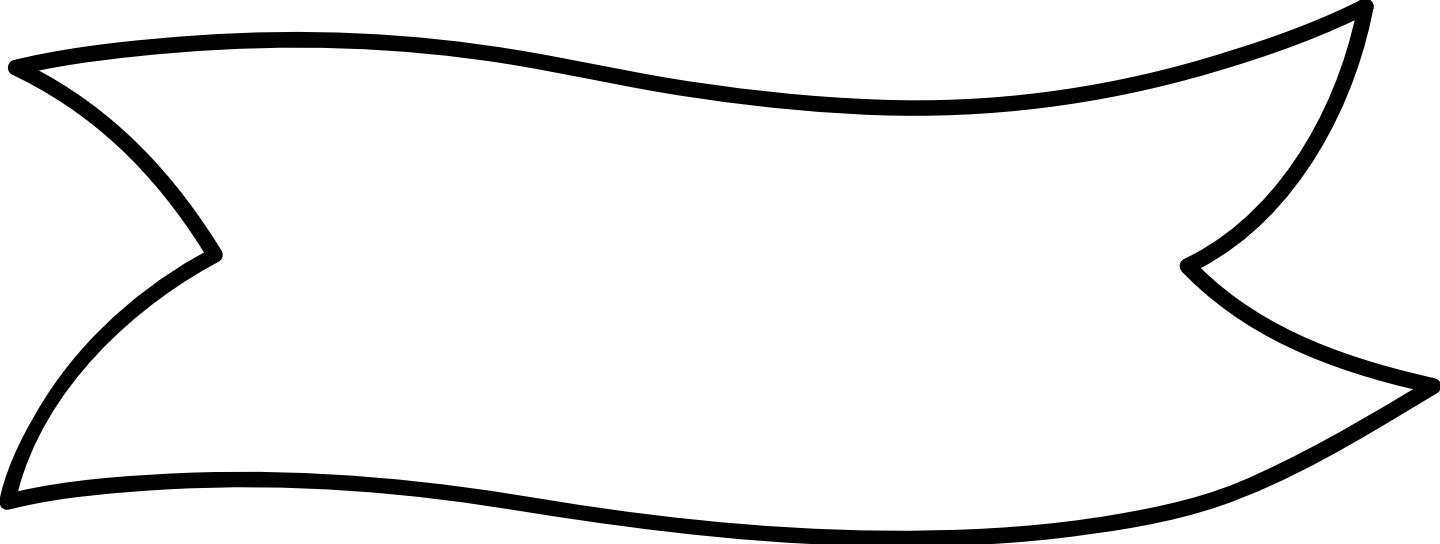
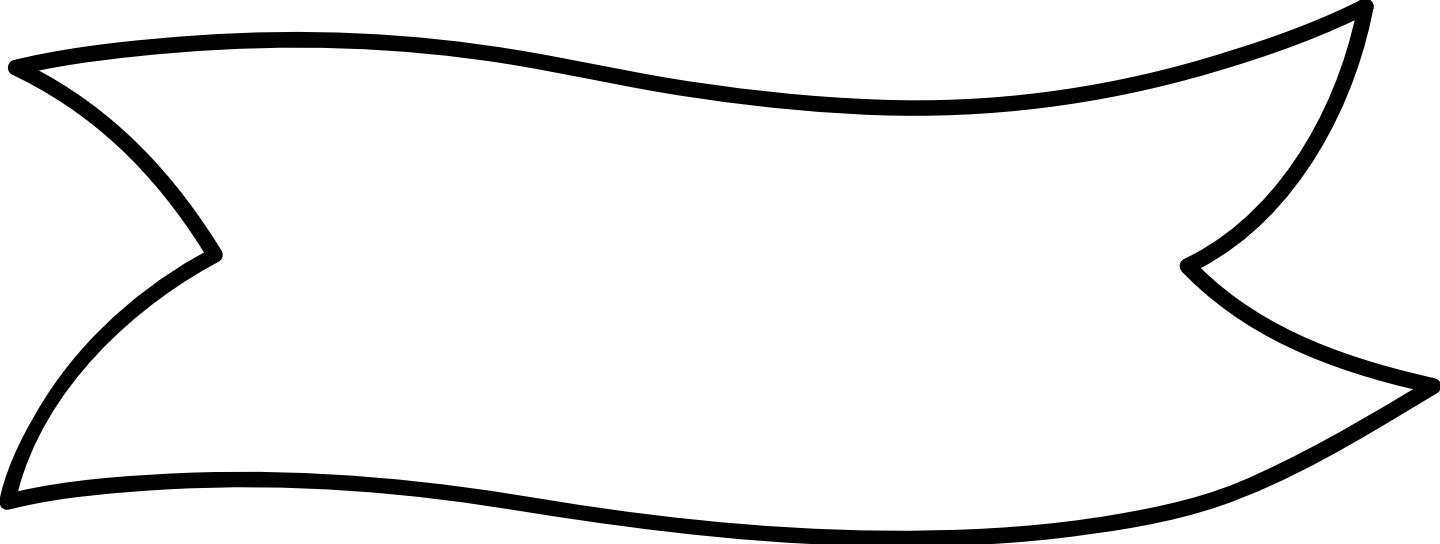
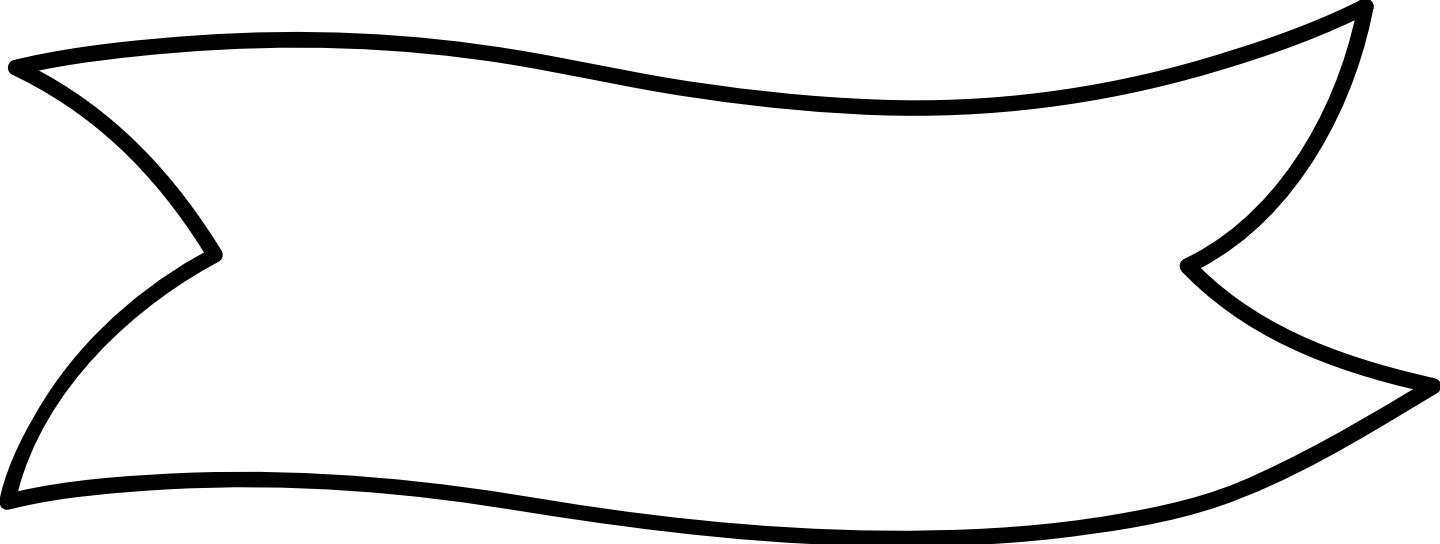
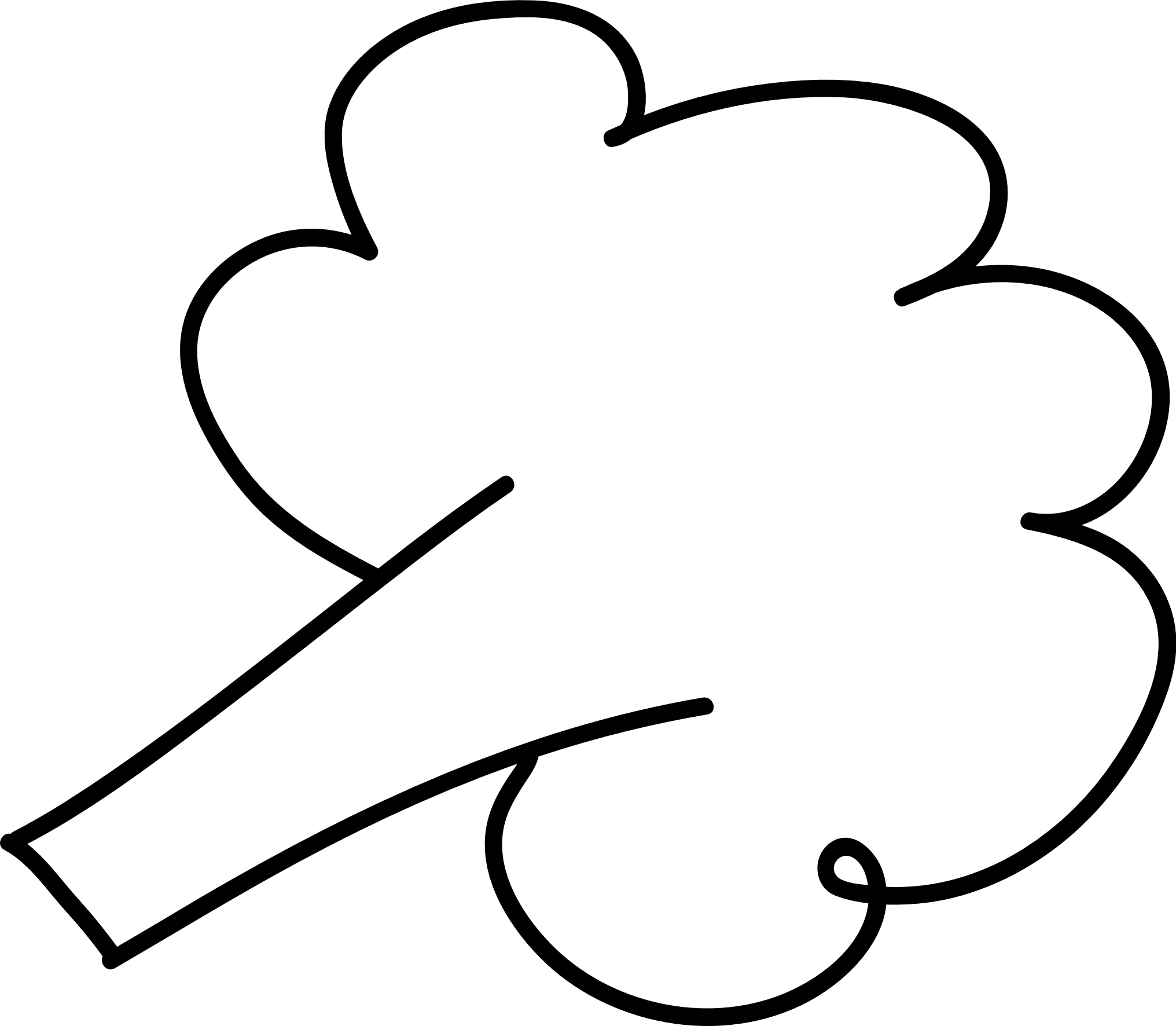
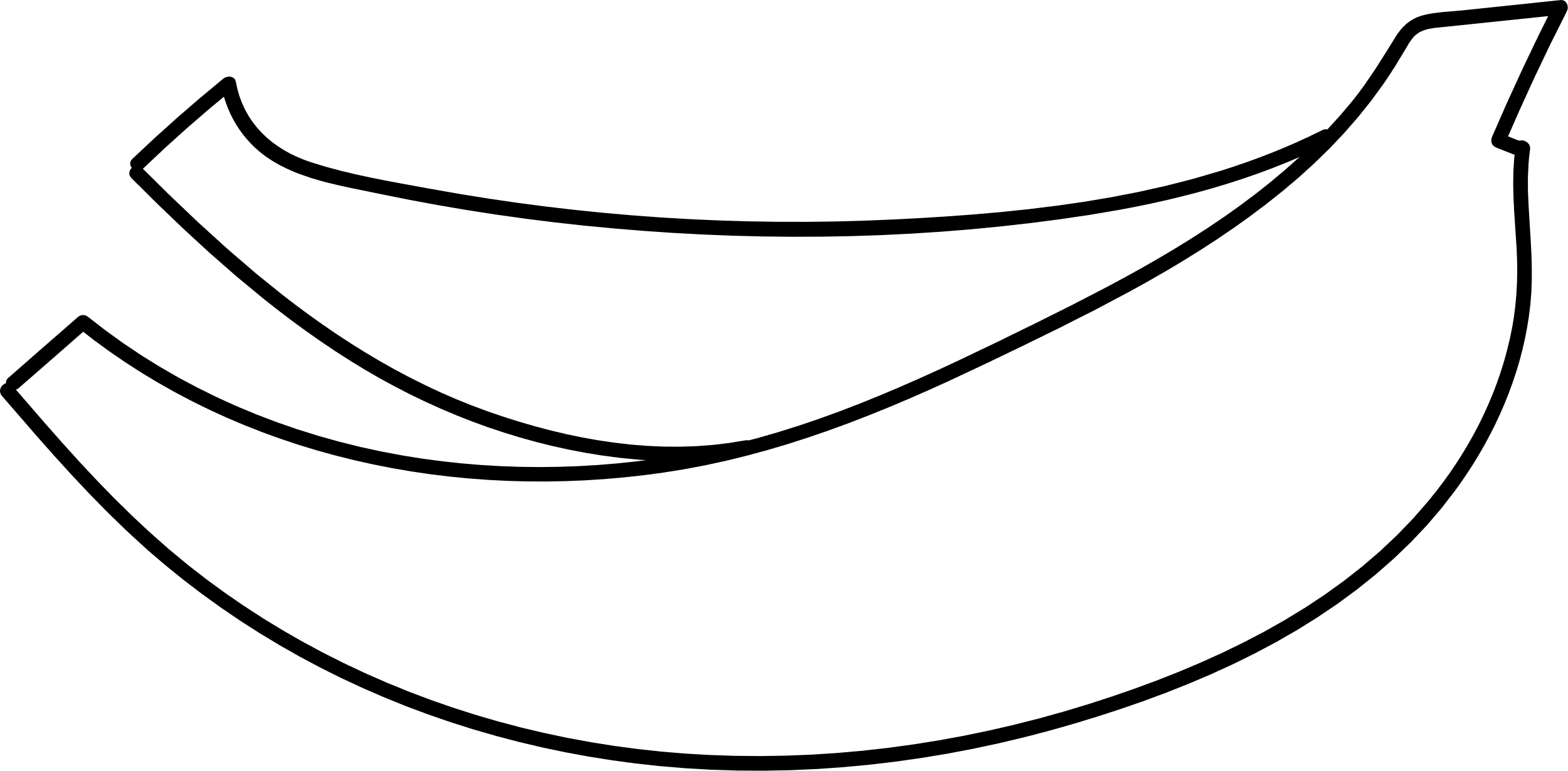
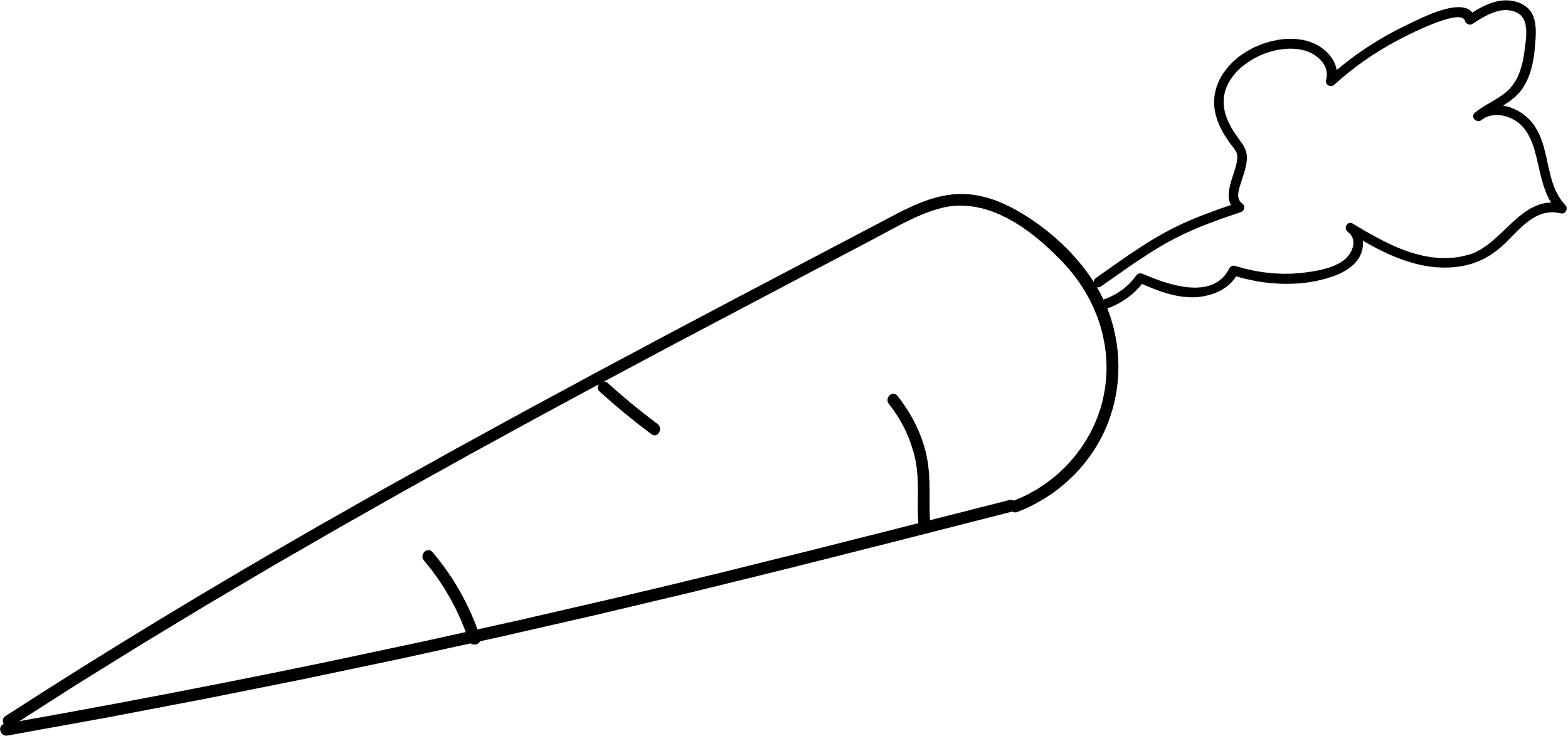
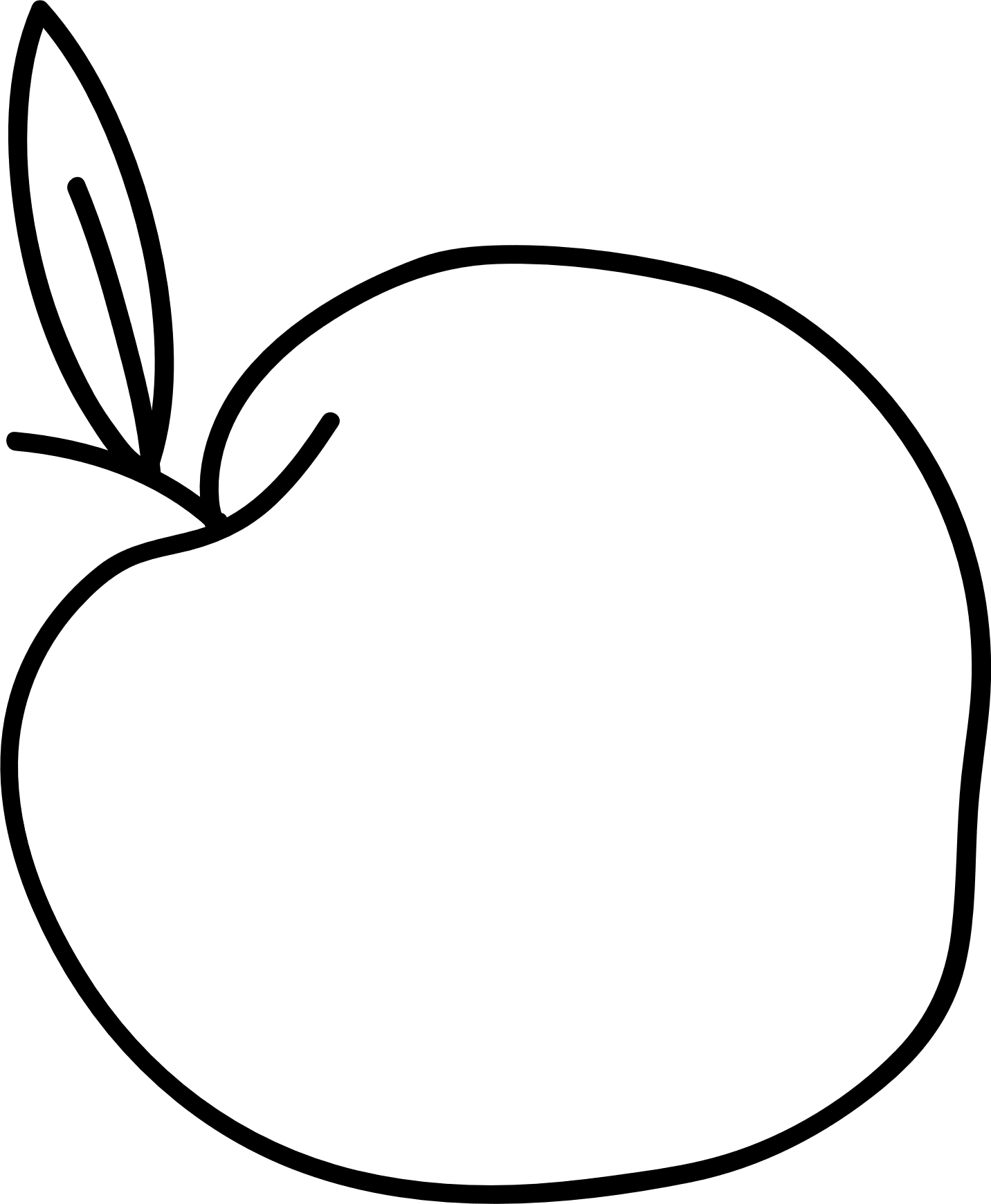
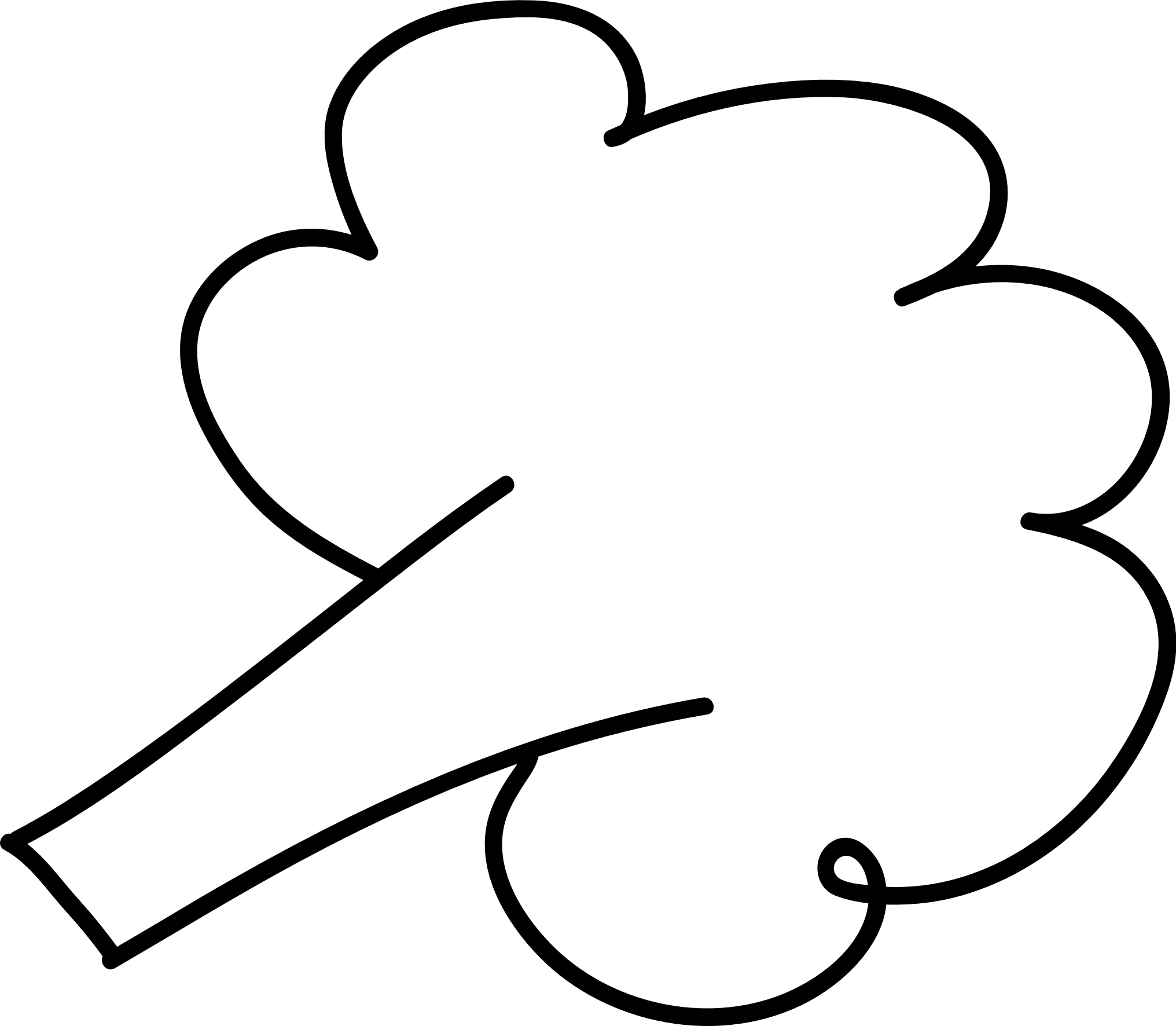


# Healthy Snack Ideas

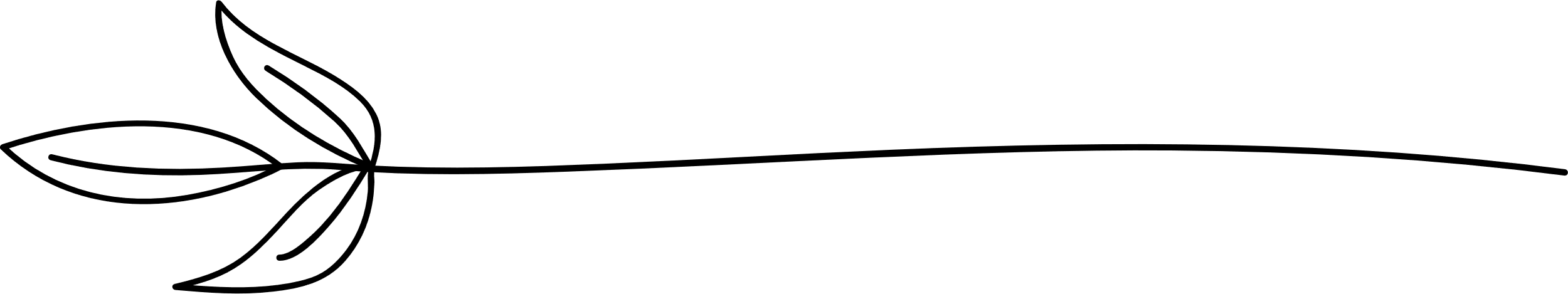
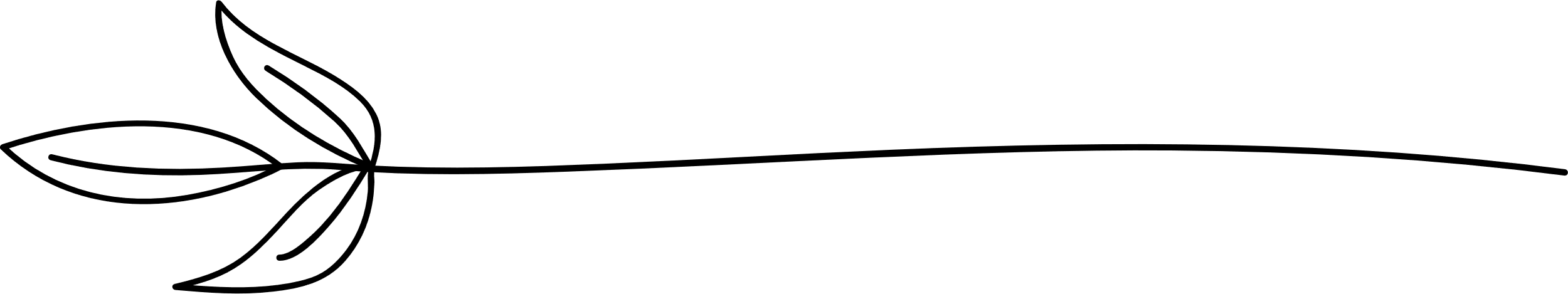


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|  | Nuts |  |  |  | Veg |  |  |  | Fruit |  |
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|  | Seafood |  |  |  | Fish |  |  |  | Sweet |  |
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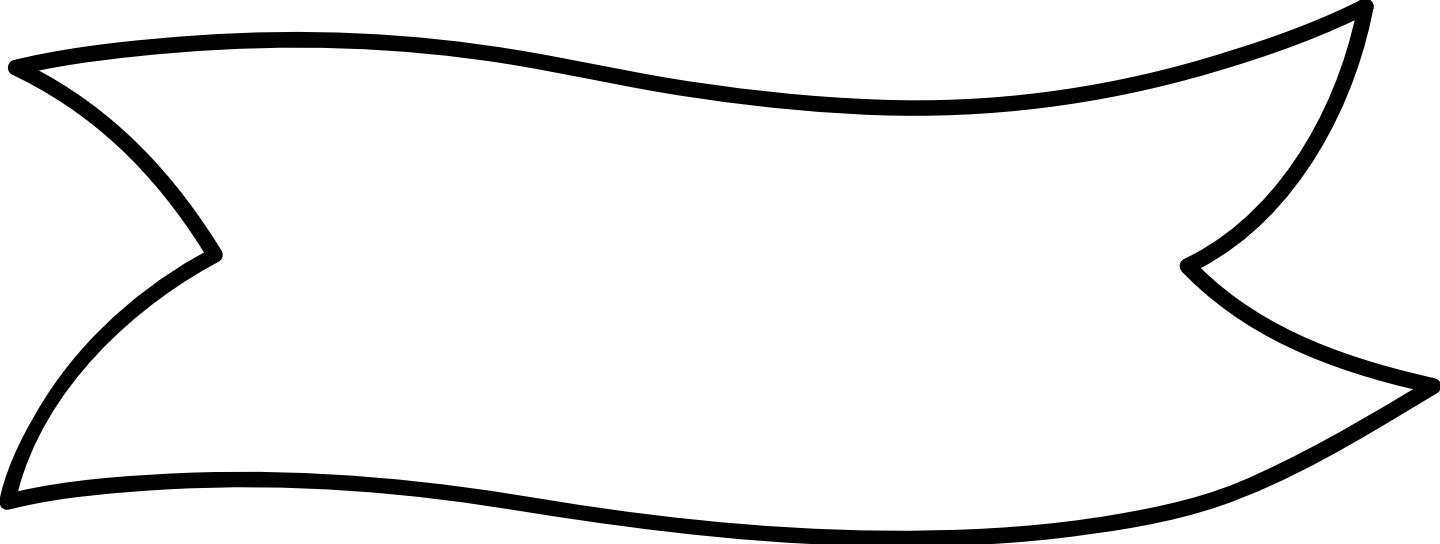
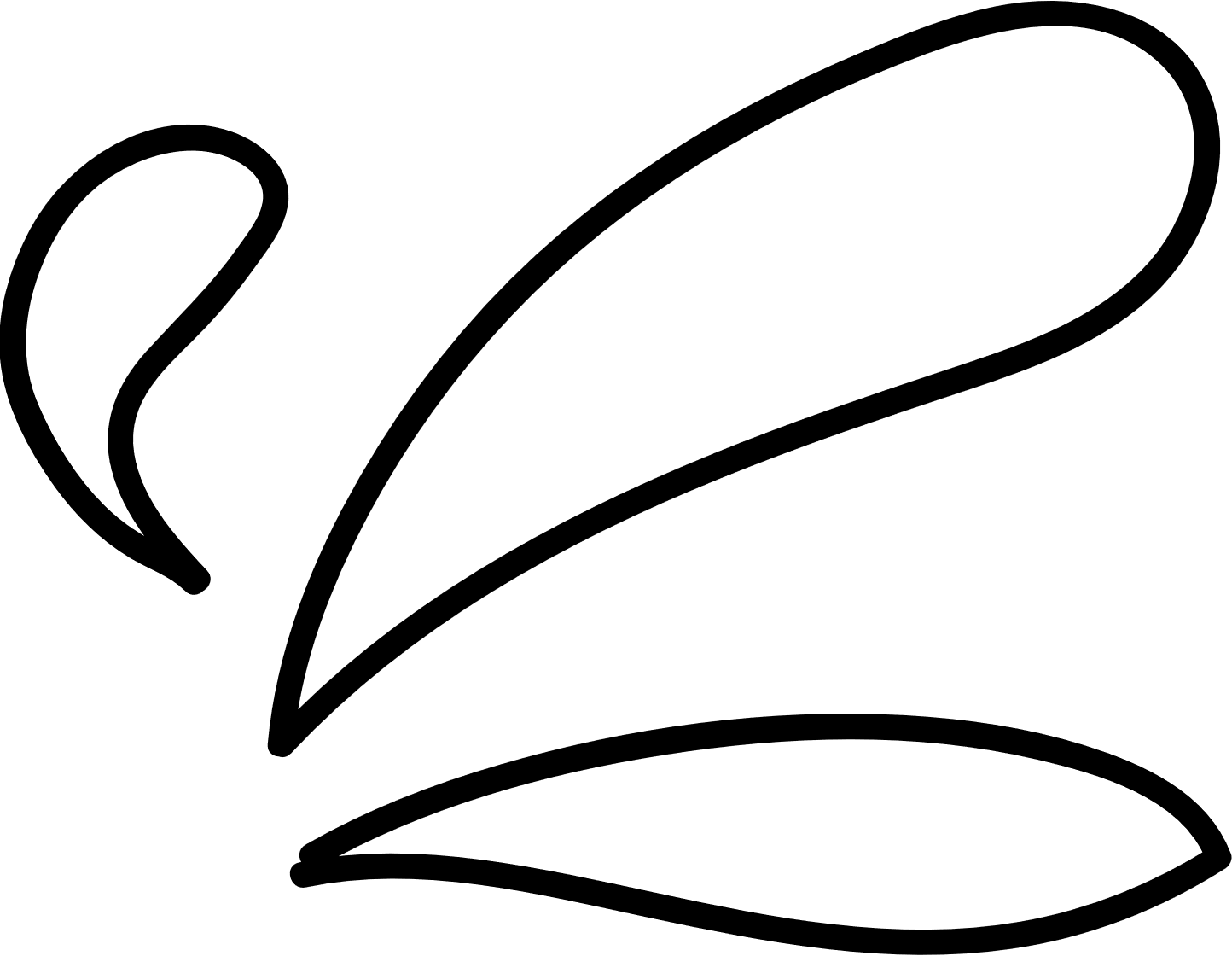
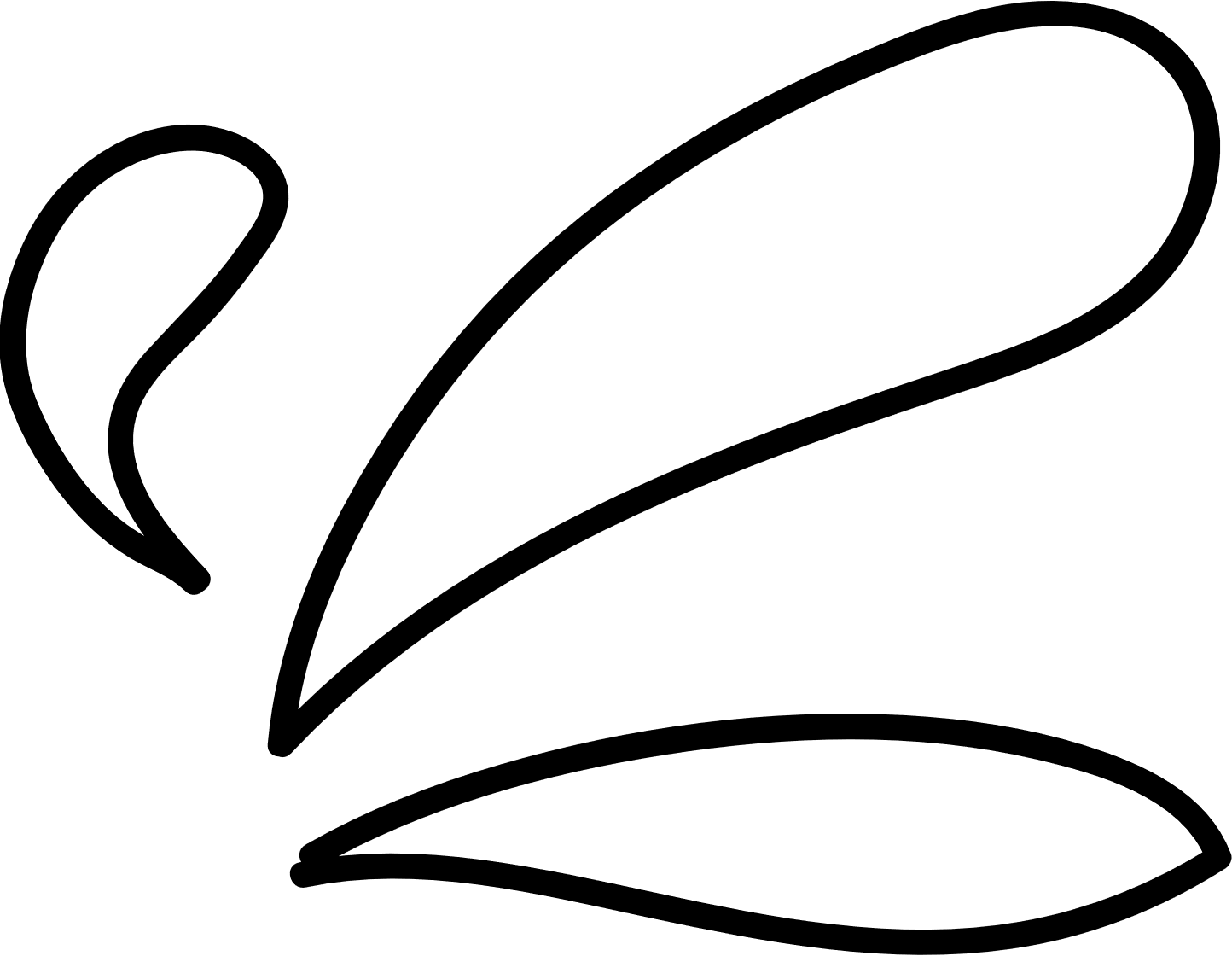
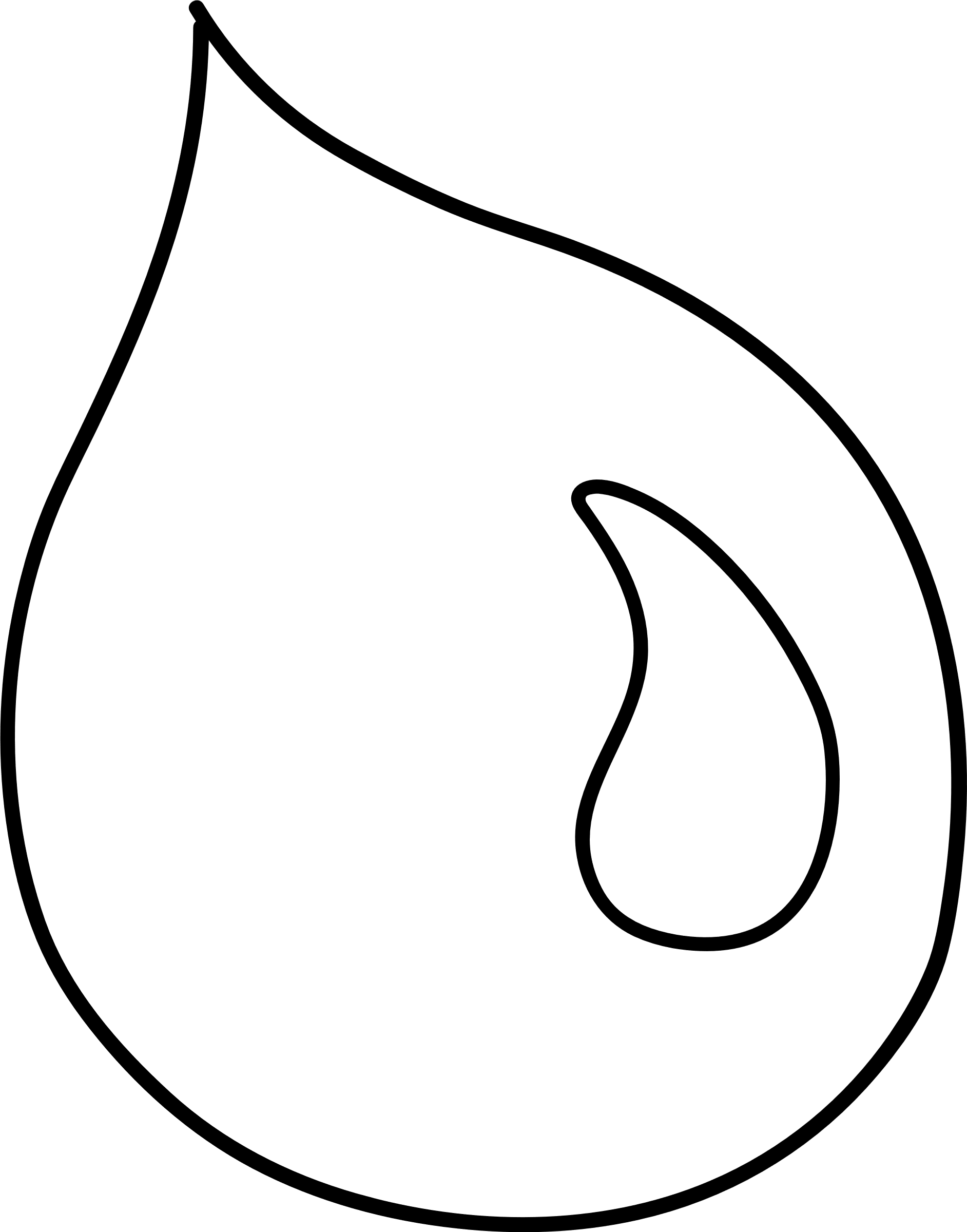
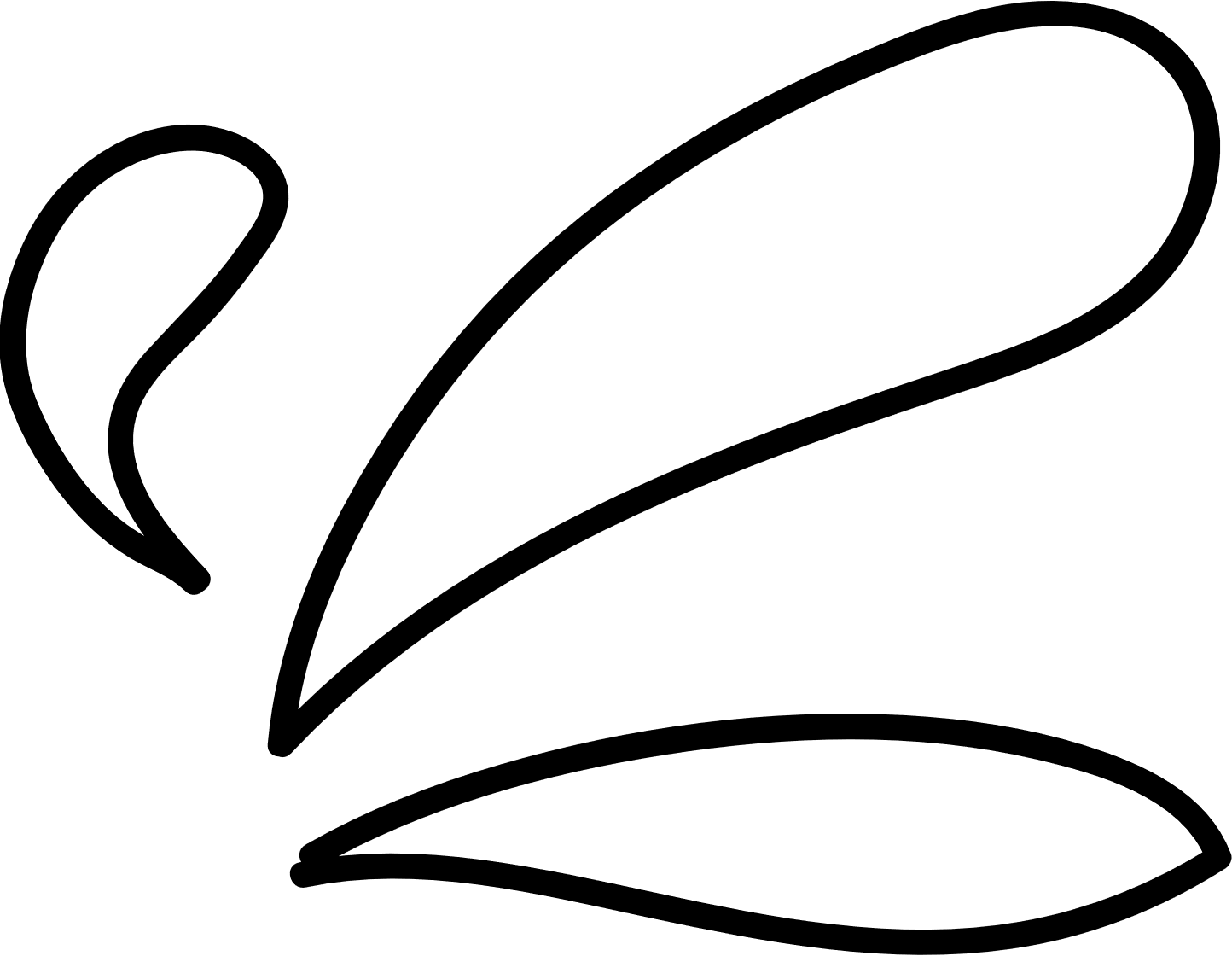
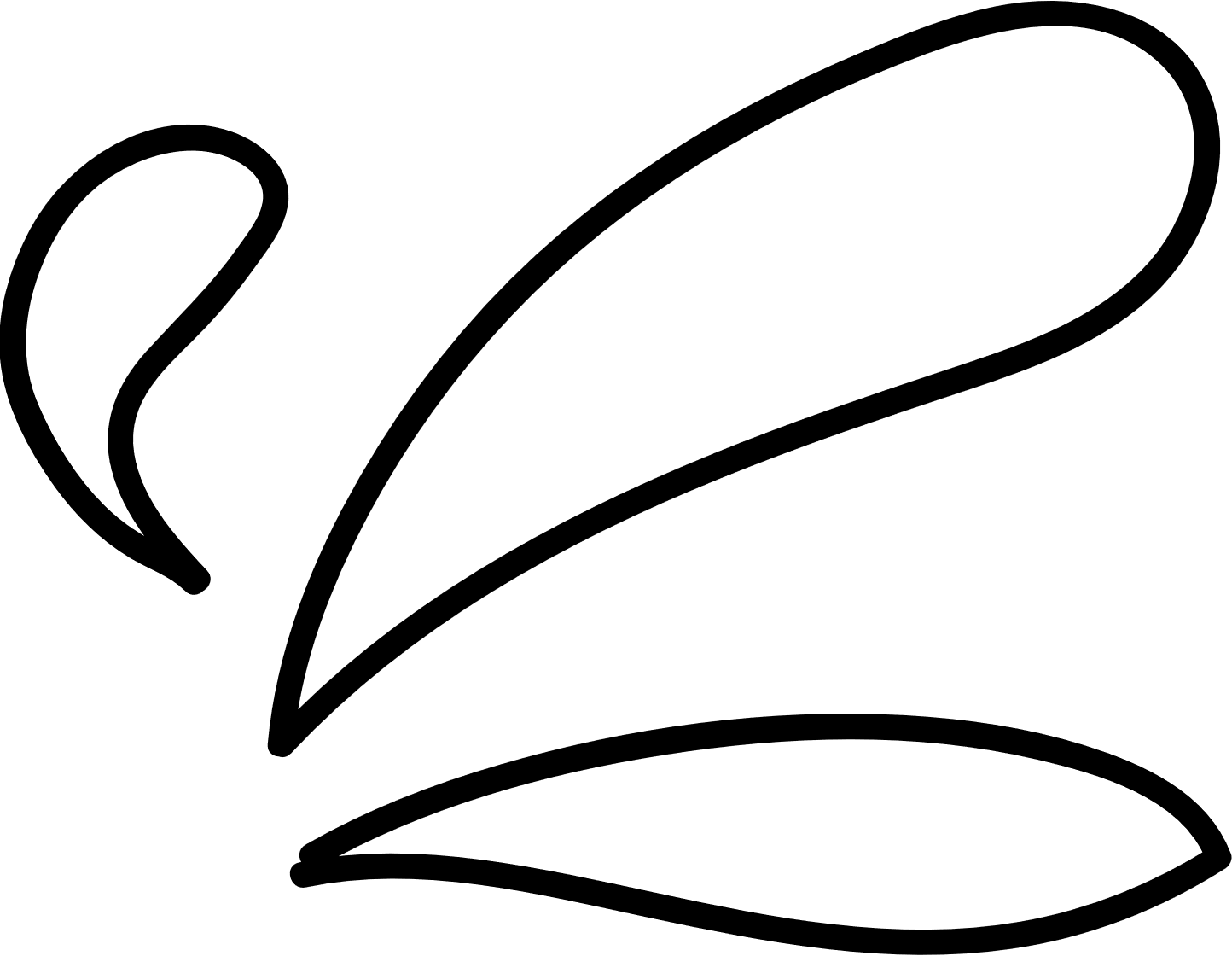
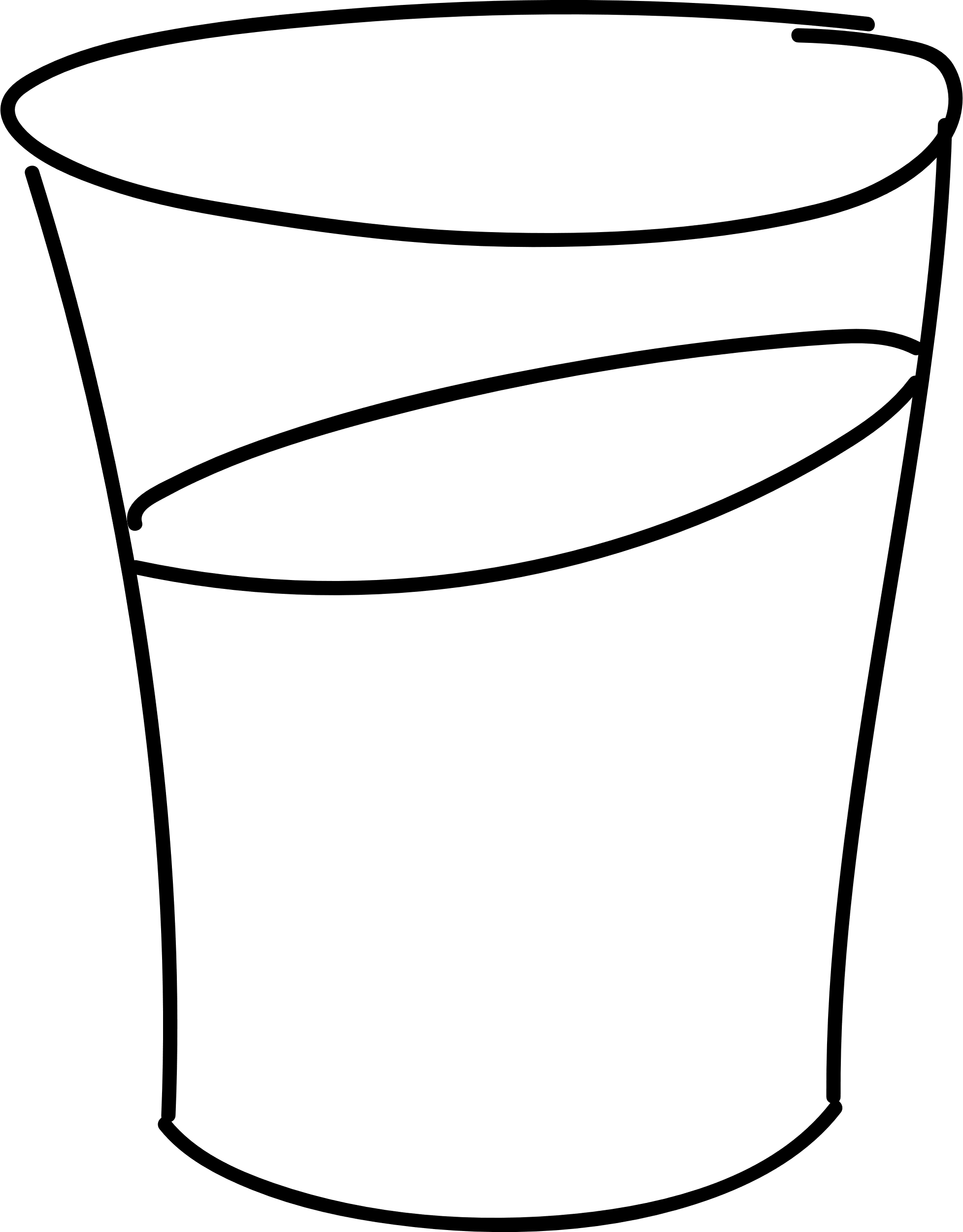
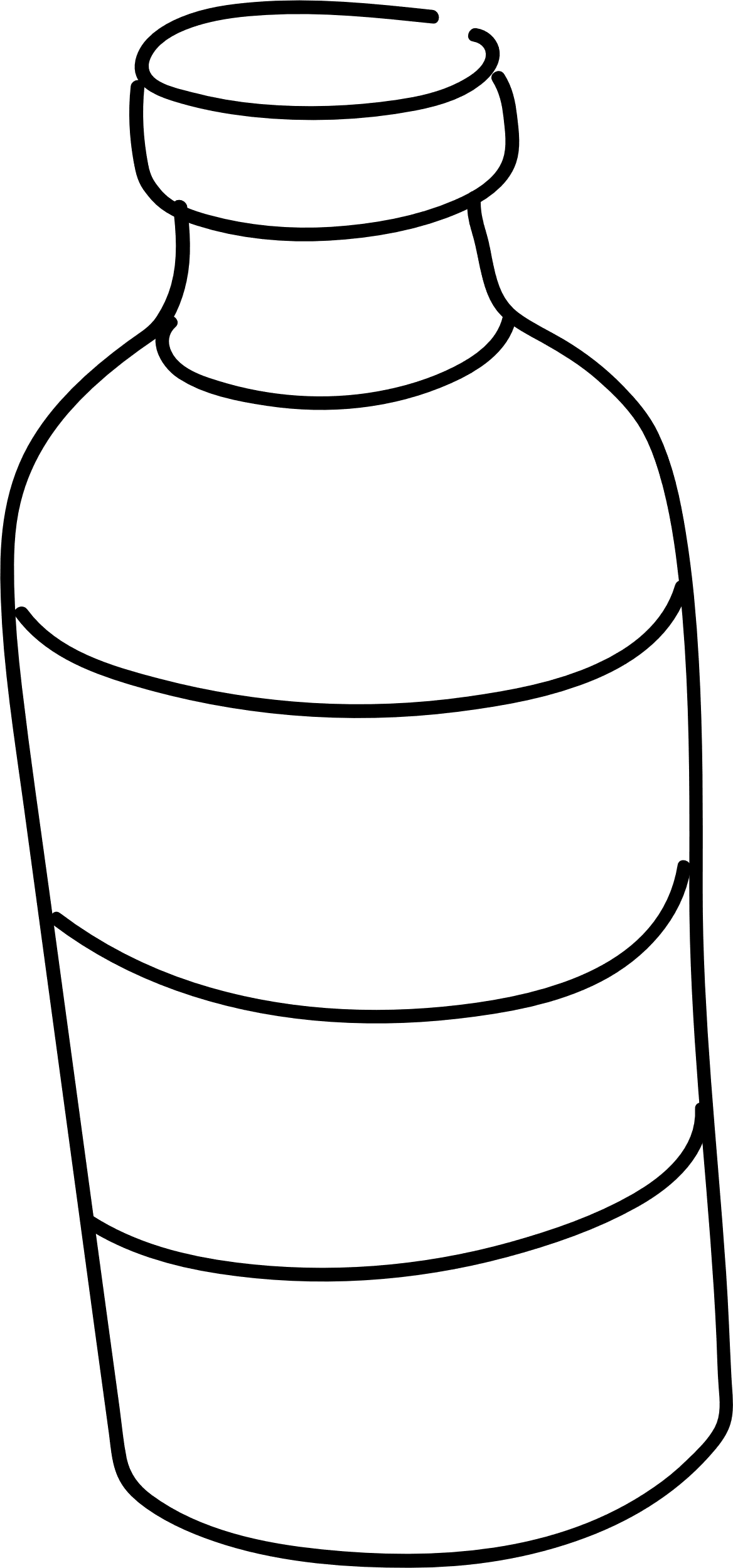
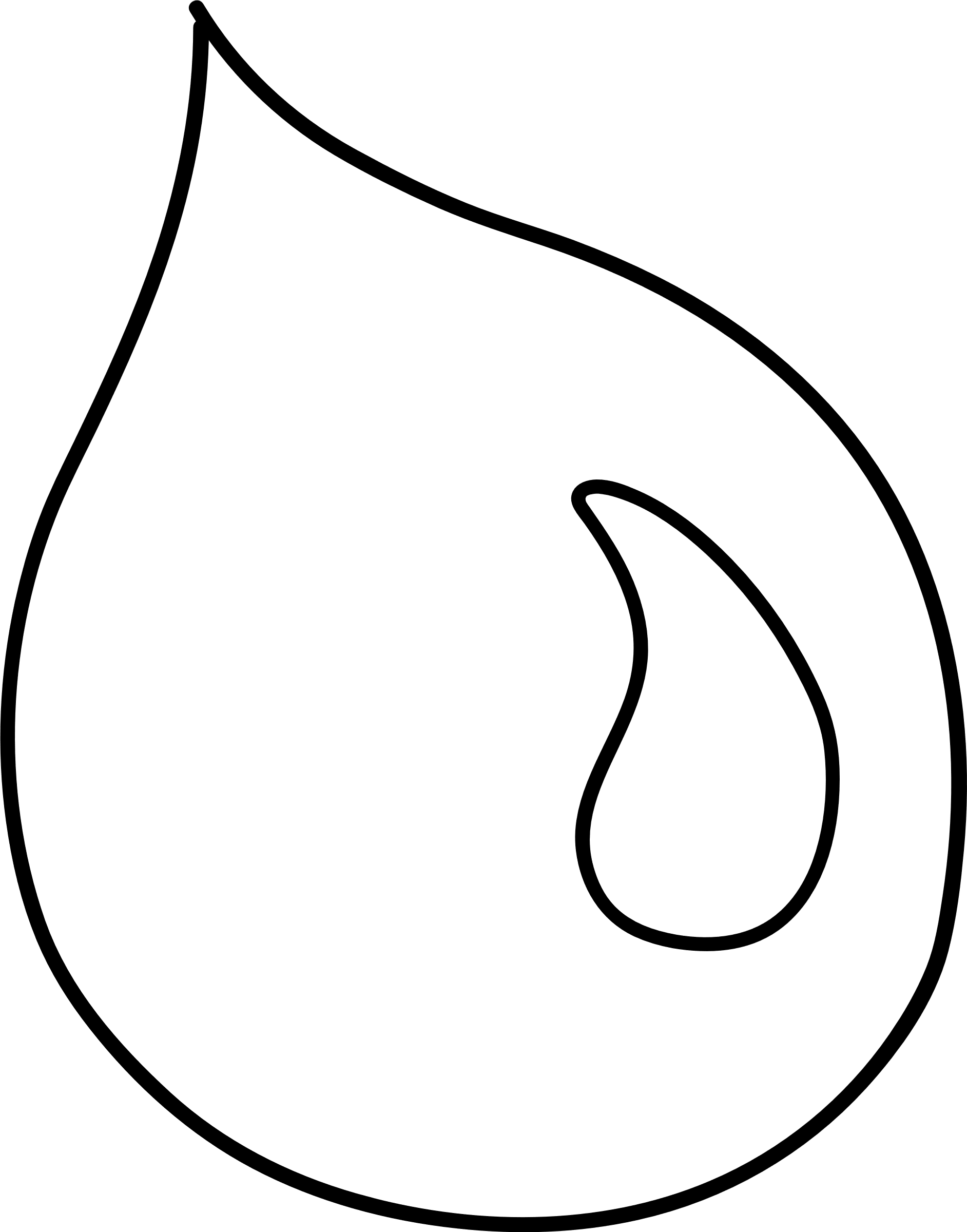
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|  | Other |  |
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# Weekly Food Log



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|  | Sun |  | Mon |  | Tue |
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|  | Wed |  | Thu |  | Notes |
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|  | Fri |  | Sat |  |  |
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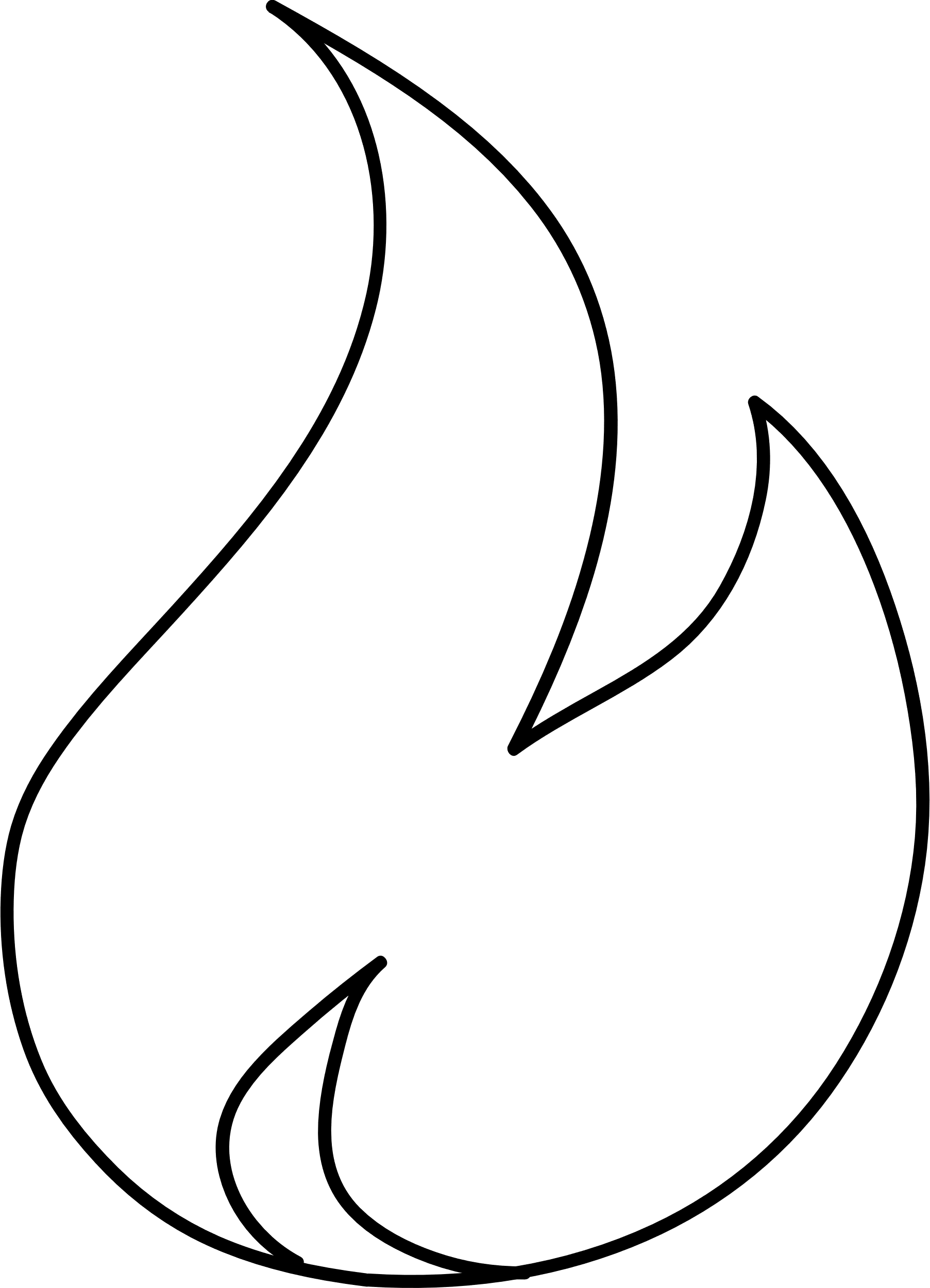
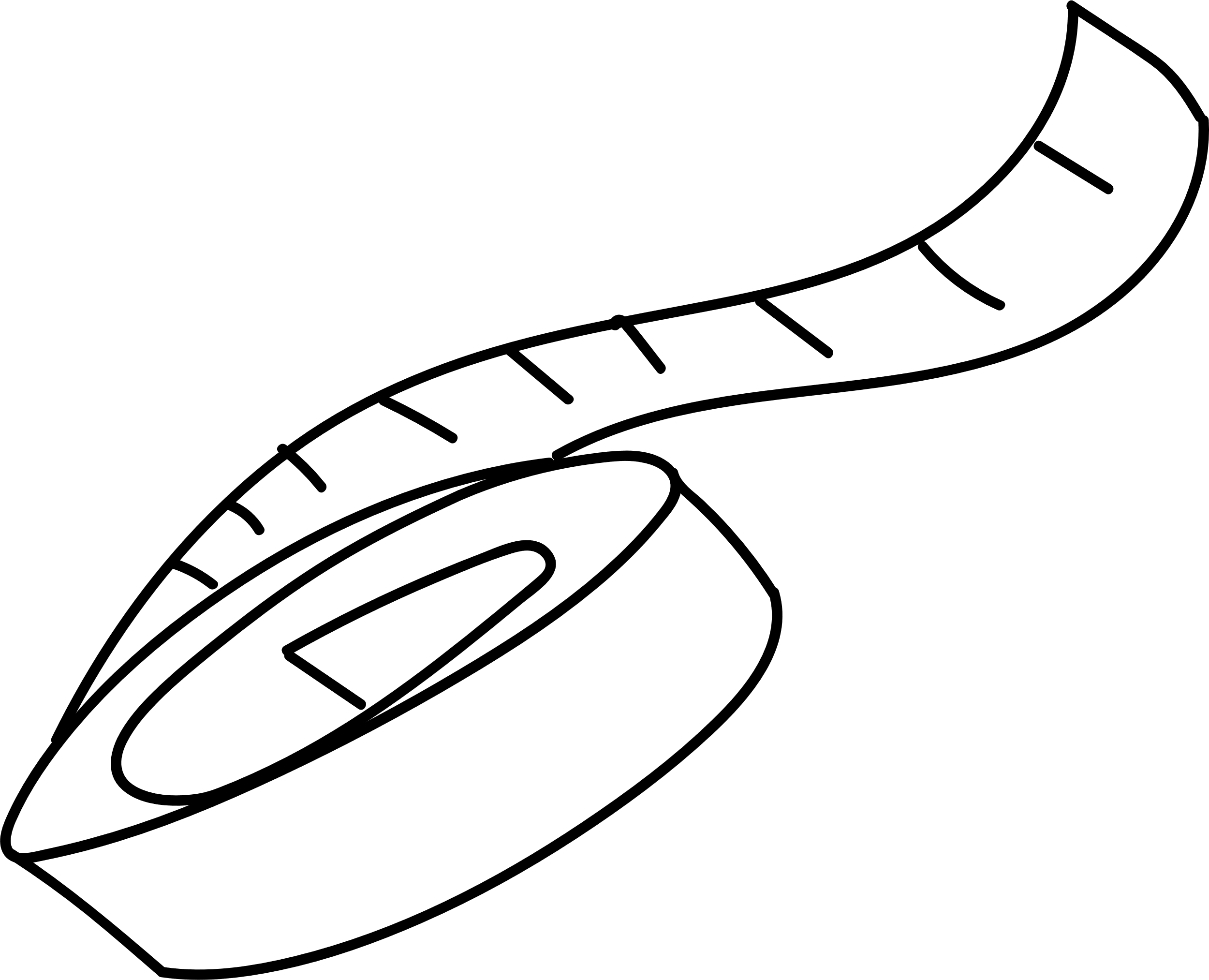
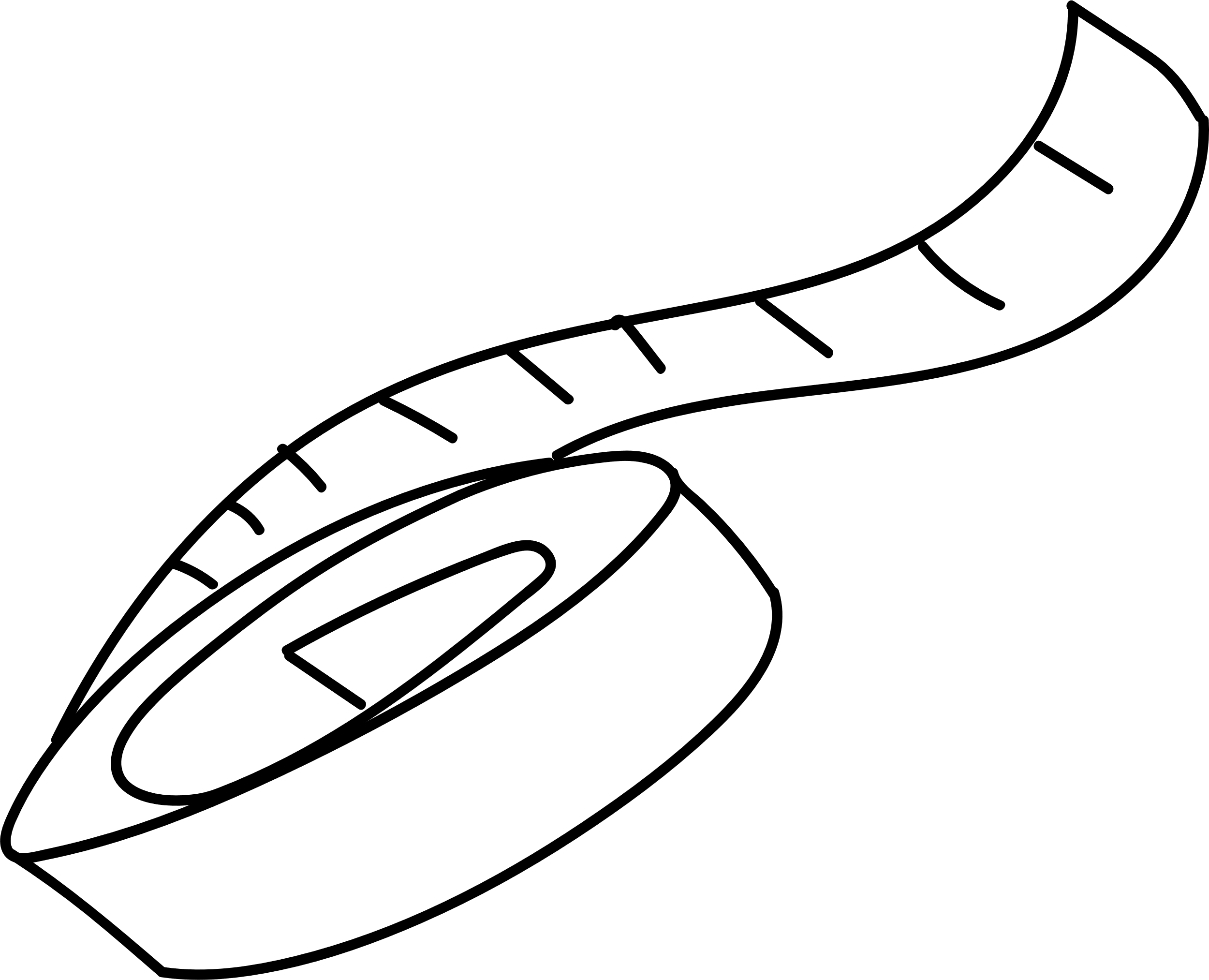
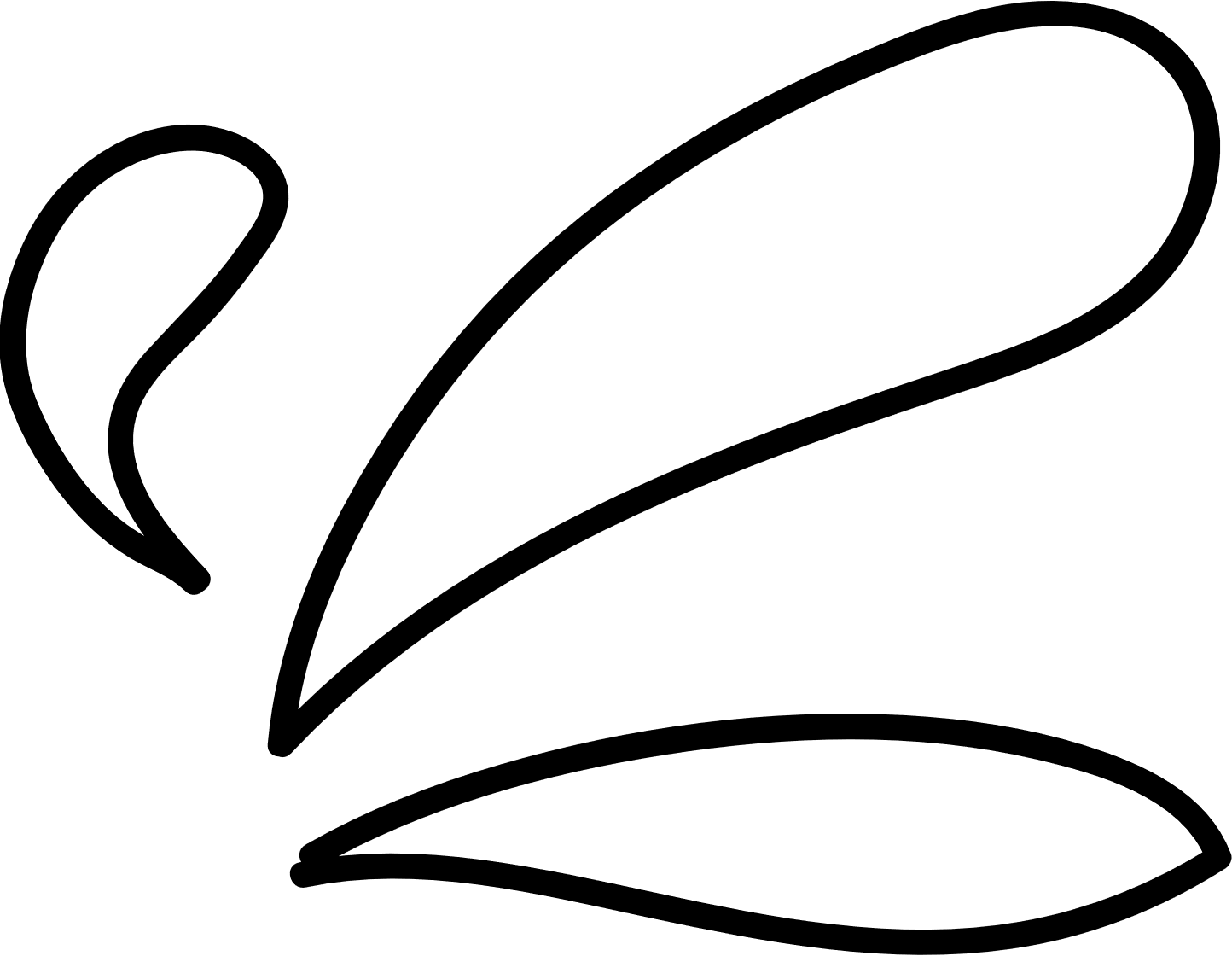
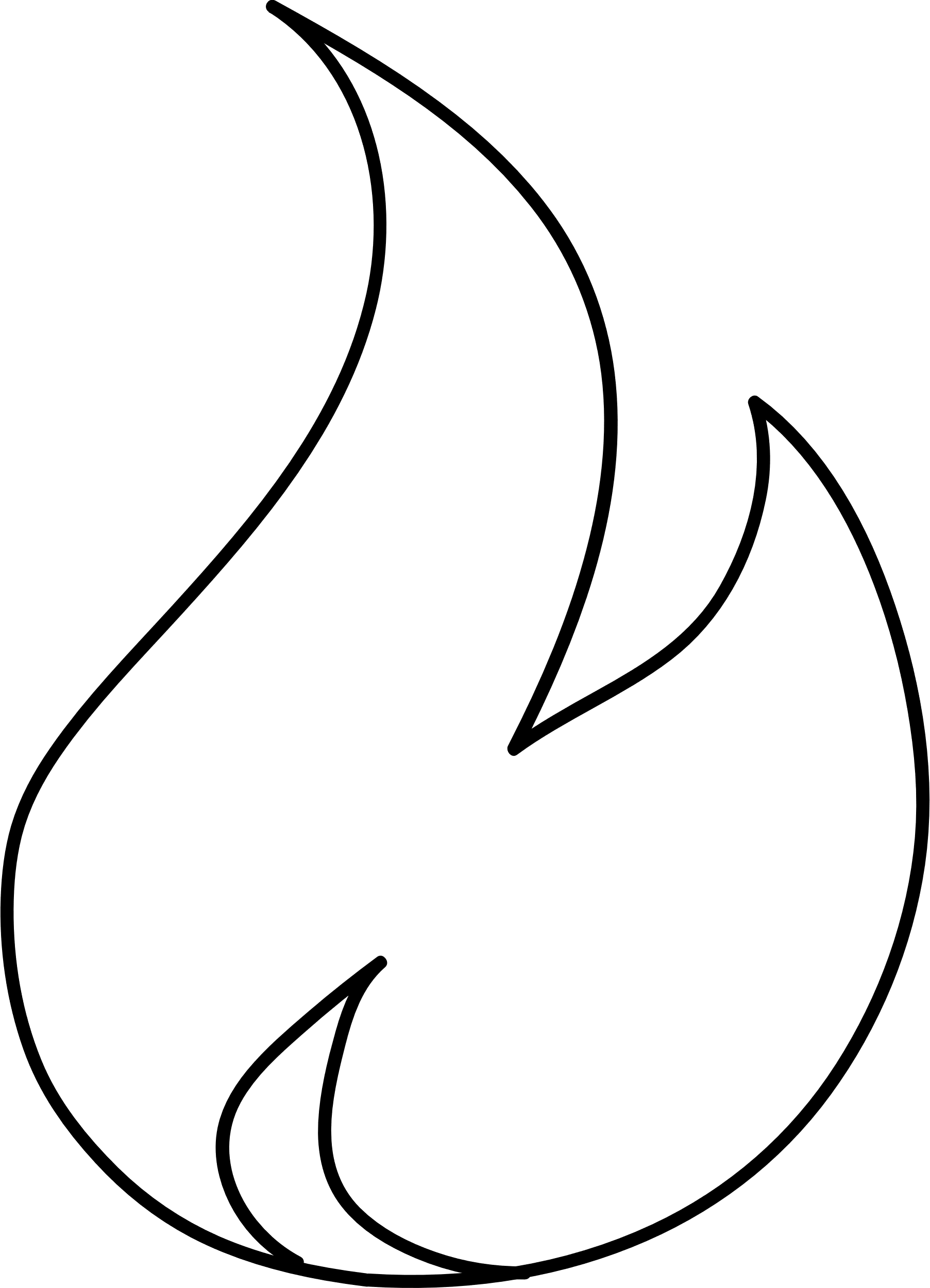
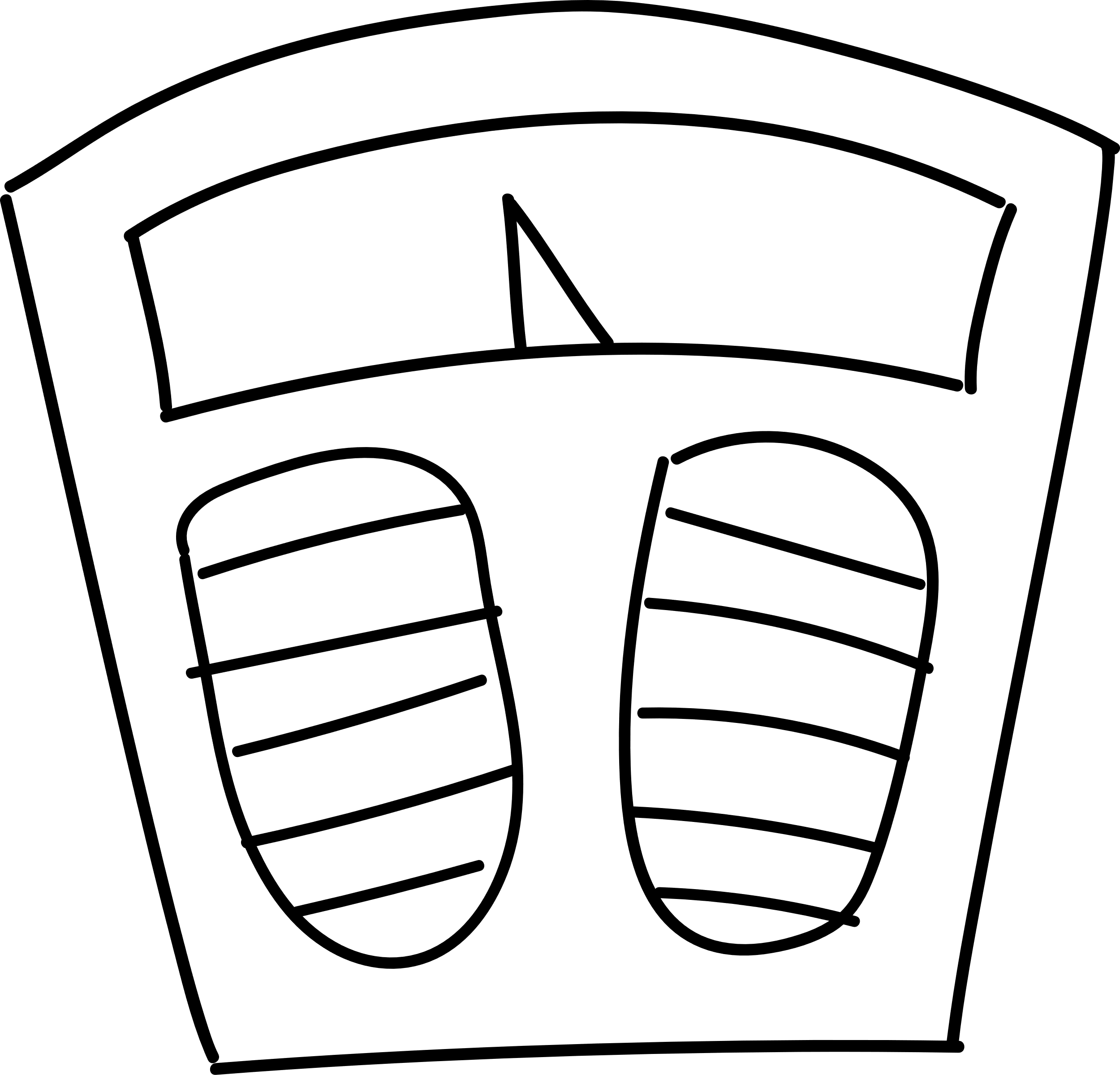


# Water Tracker

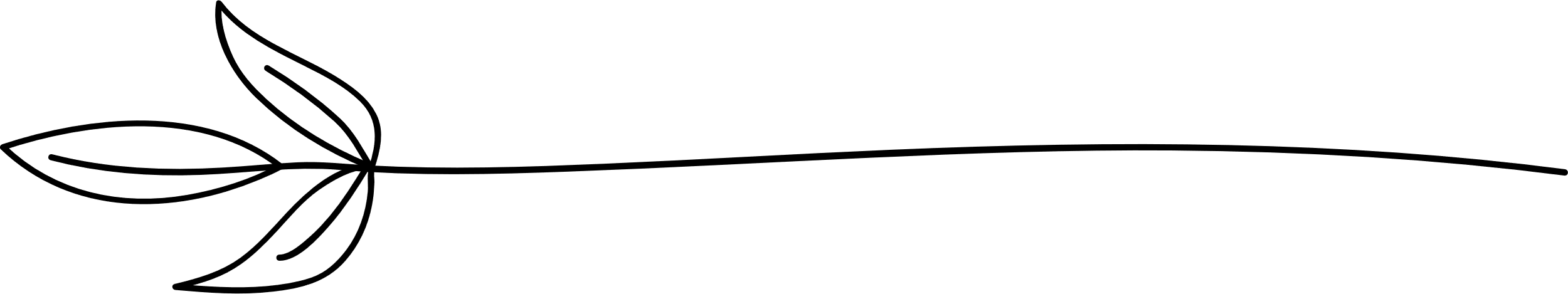
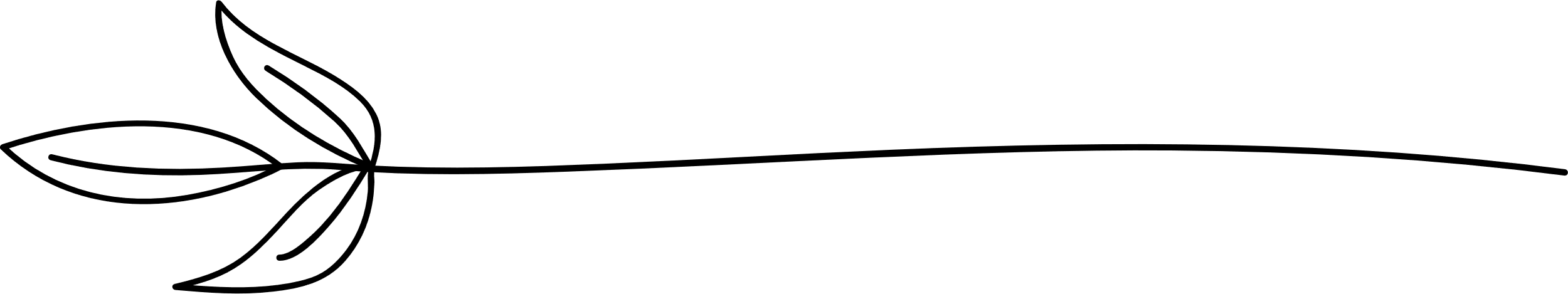


## Month

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| --- | --- | --- | --- |
| 1 |  | 16 |  |
| 2 |  | 17 |  |
| 3 |  | 18 |  |
| 4 |  | 19 |  |
| 5 |  | 20 |  |
| 6 |  | 21 |  |
| 7 |  | 22 |  |
| 8 |  | 23 |  |
| 9 |  | 24 |  |
| 10 |  | 25 |  |
| 11 |  | 26 |  |
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| 14 |  | 29 |  |
| 15 |  | 30 |  |

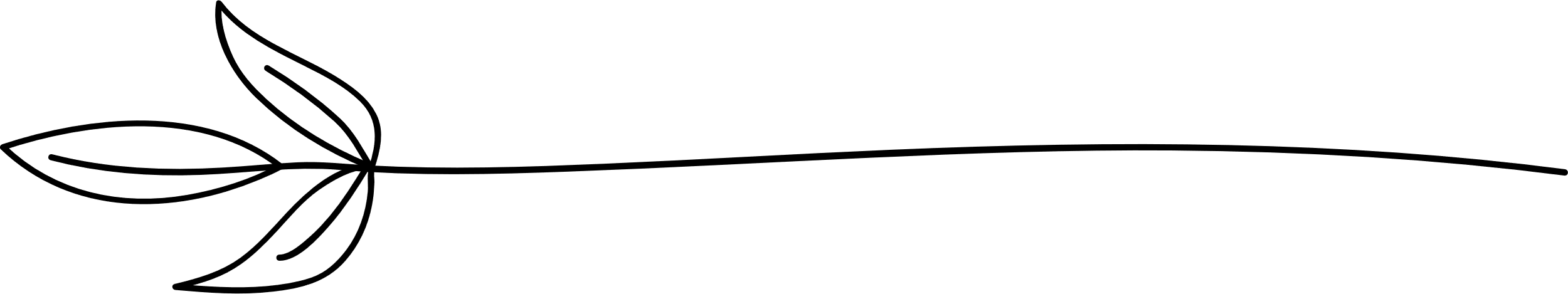
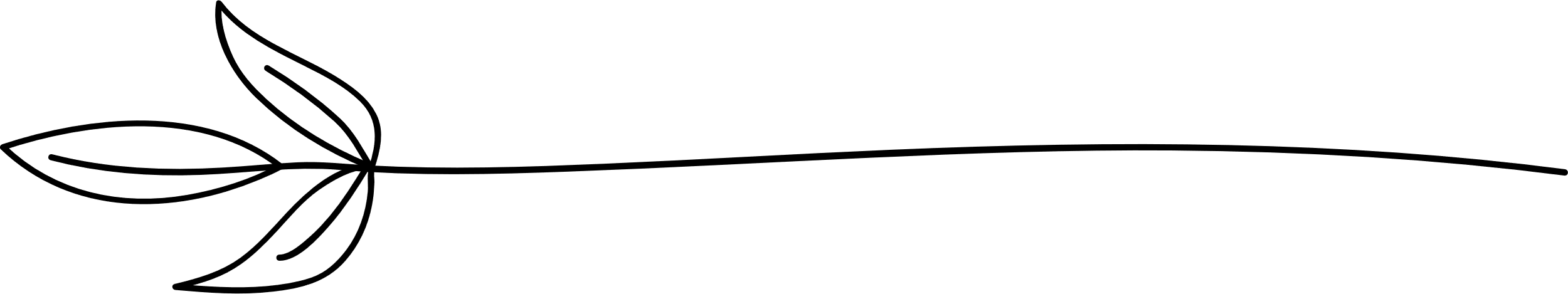


##### Weight Tracker

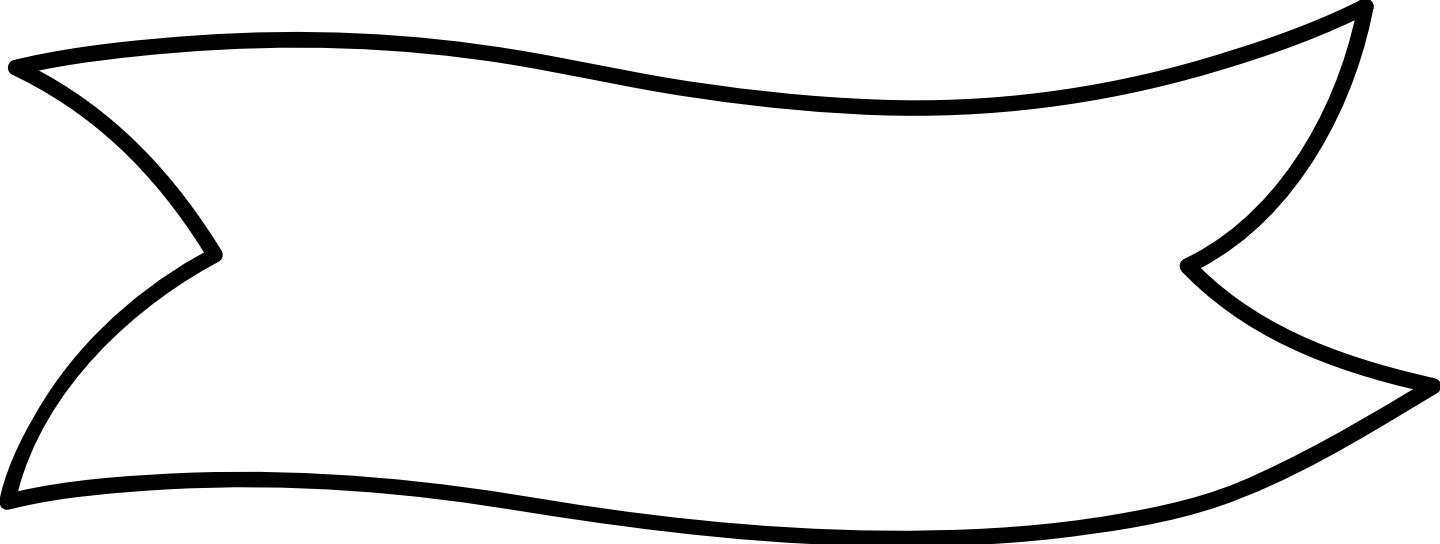
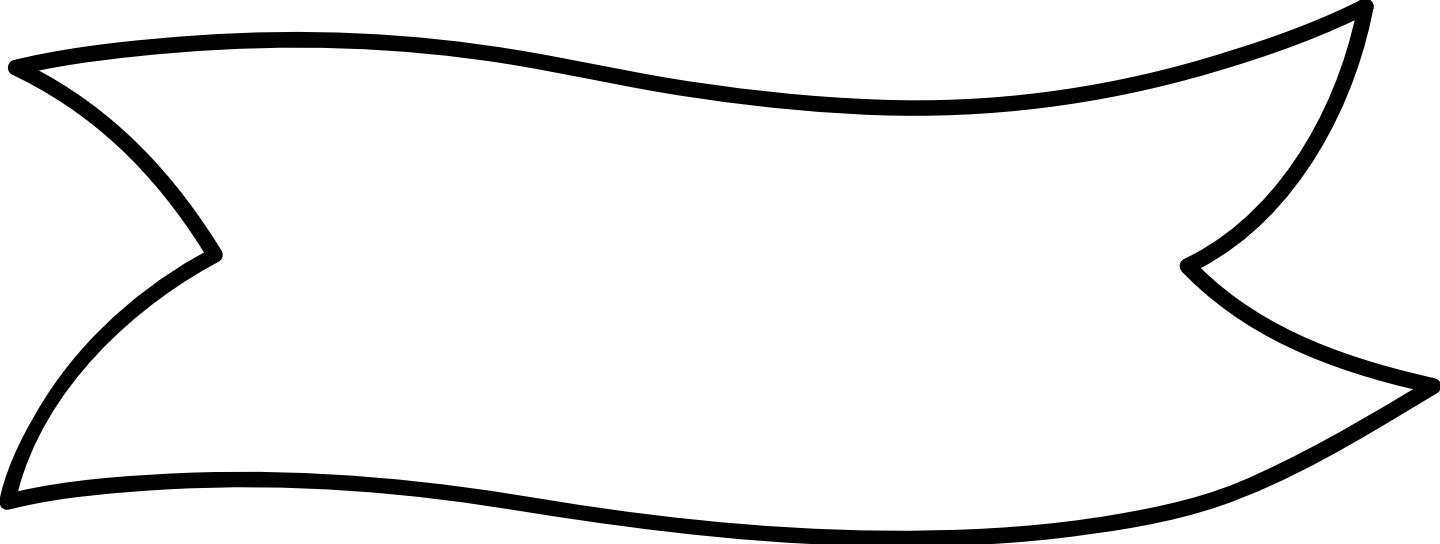
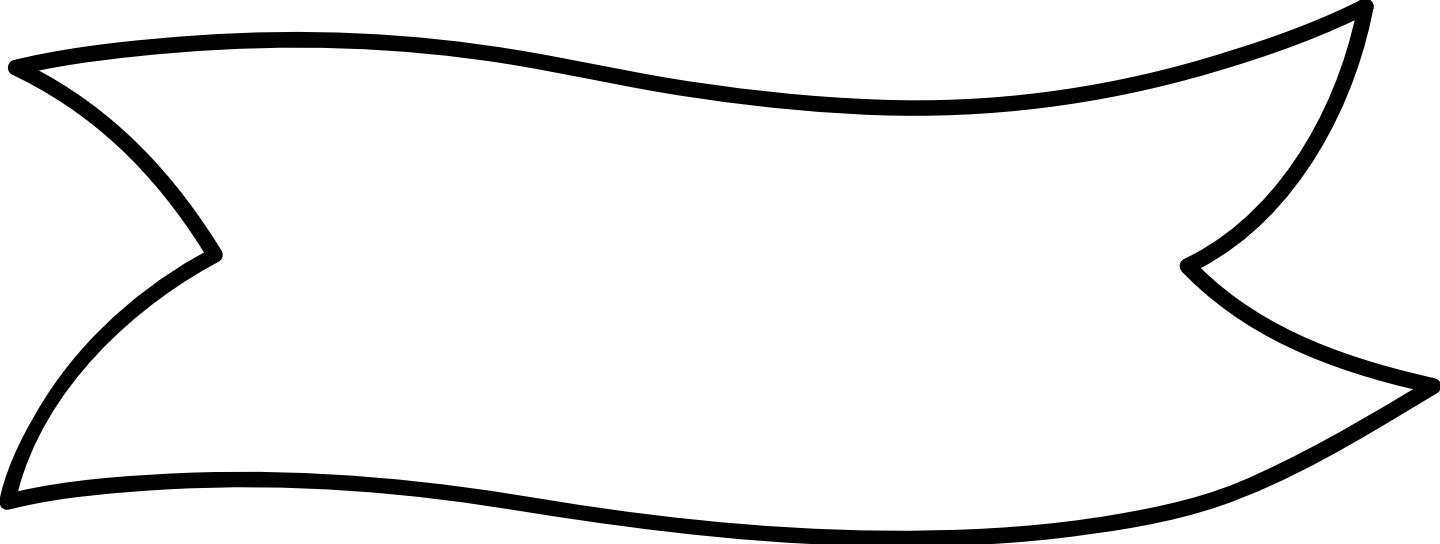
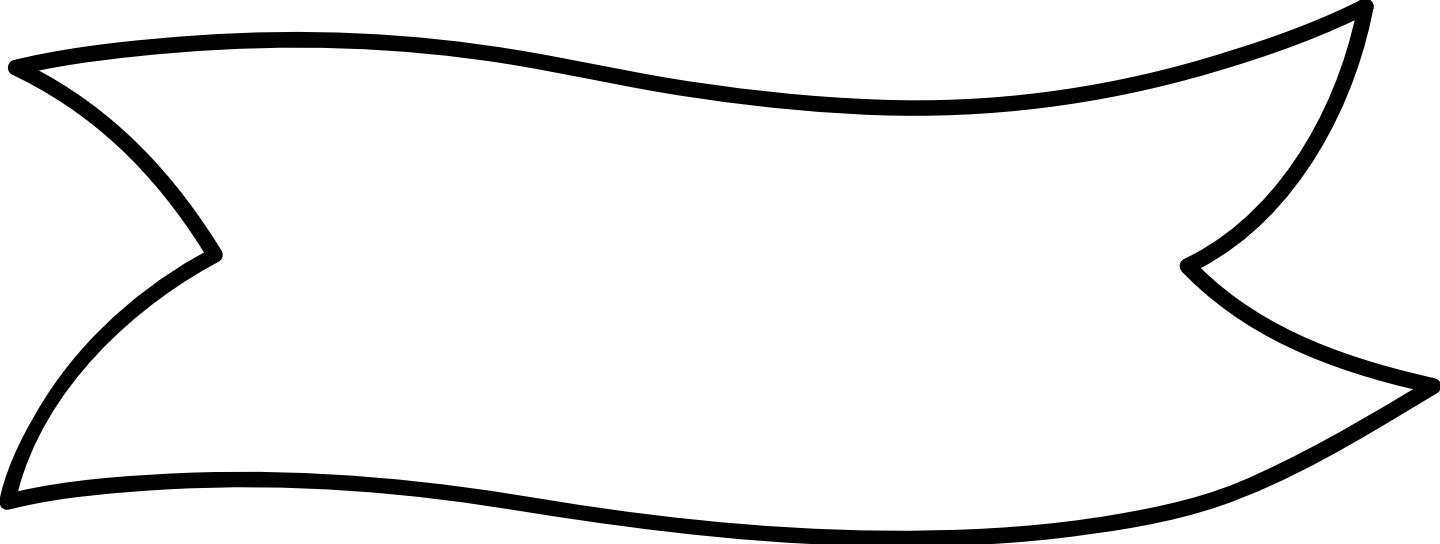
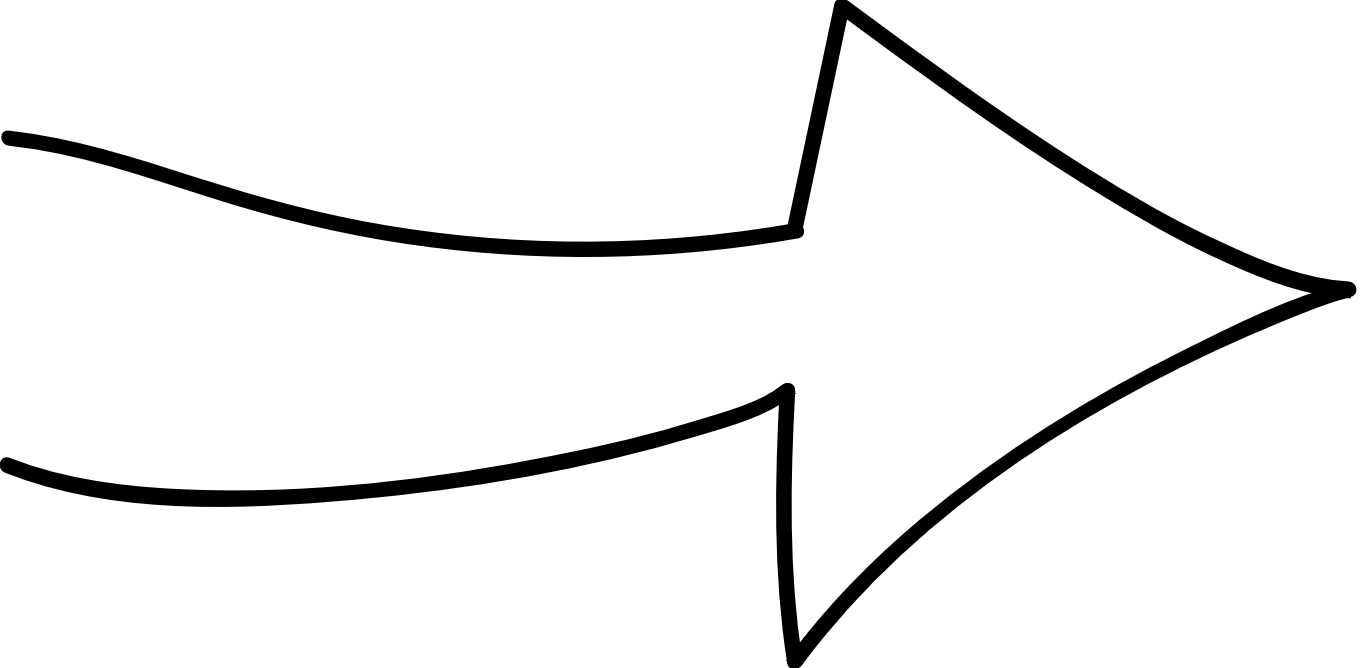
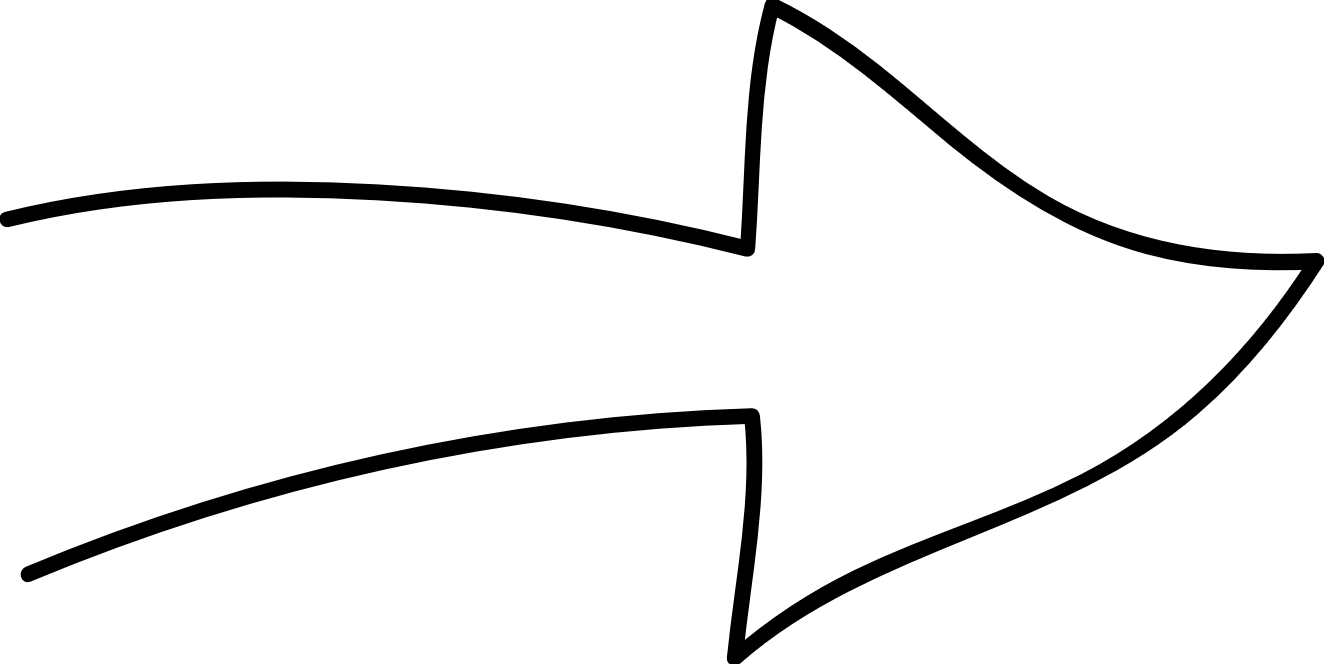
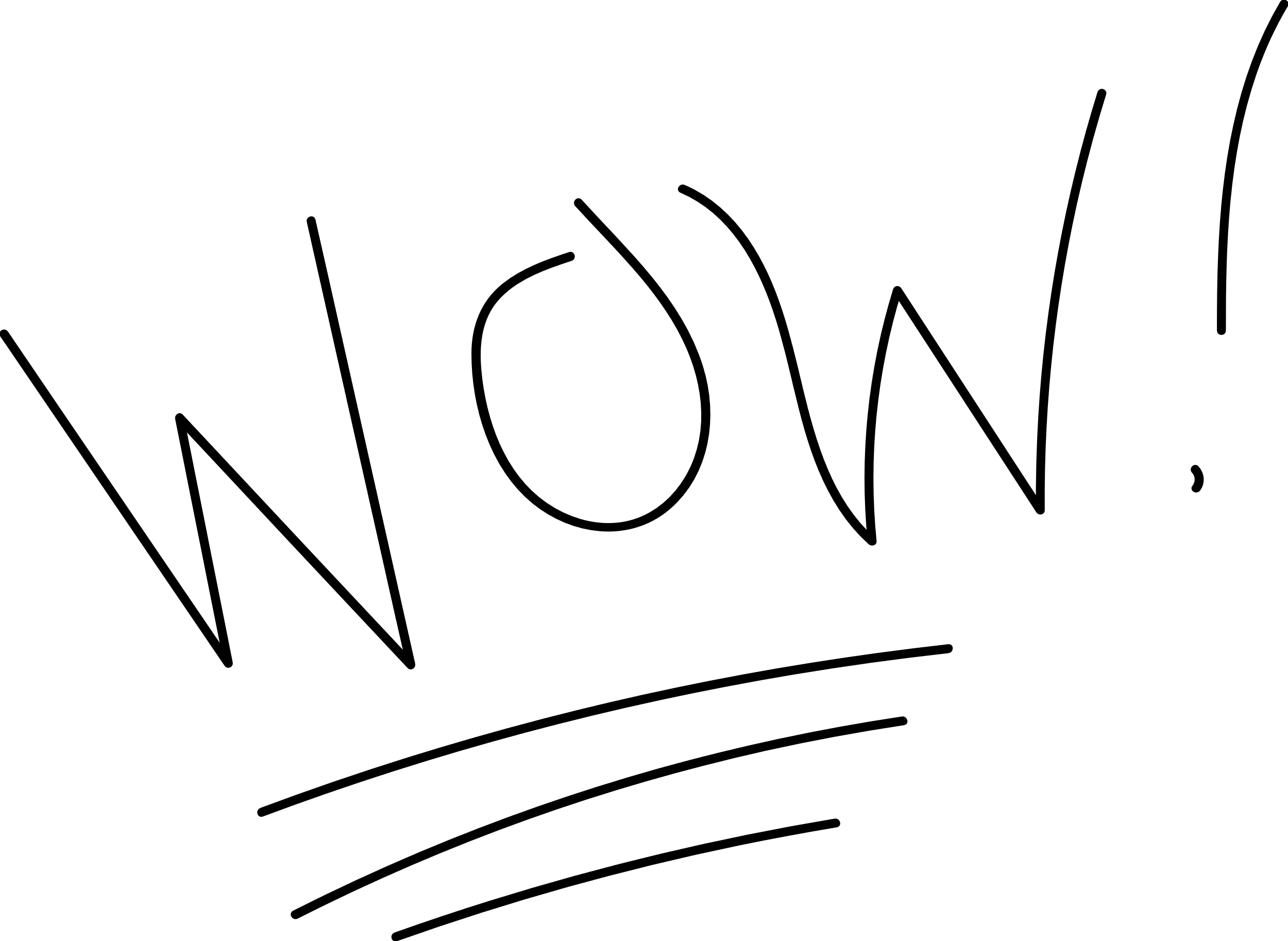
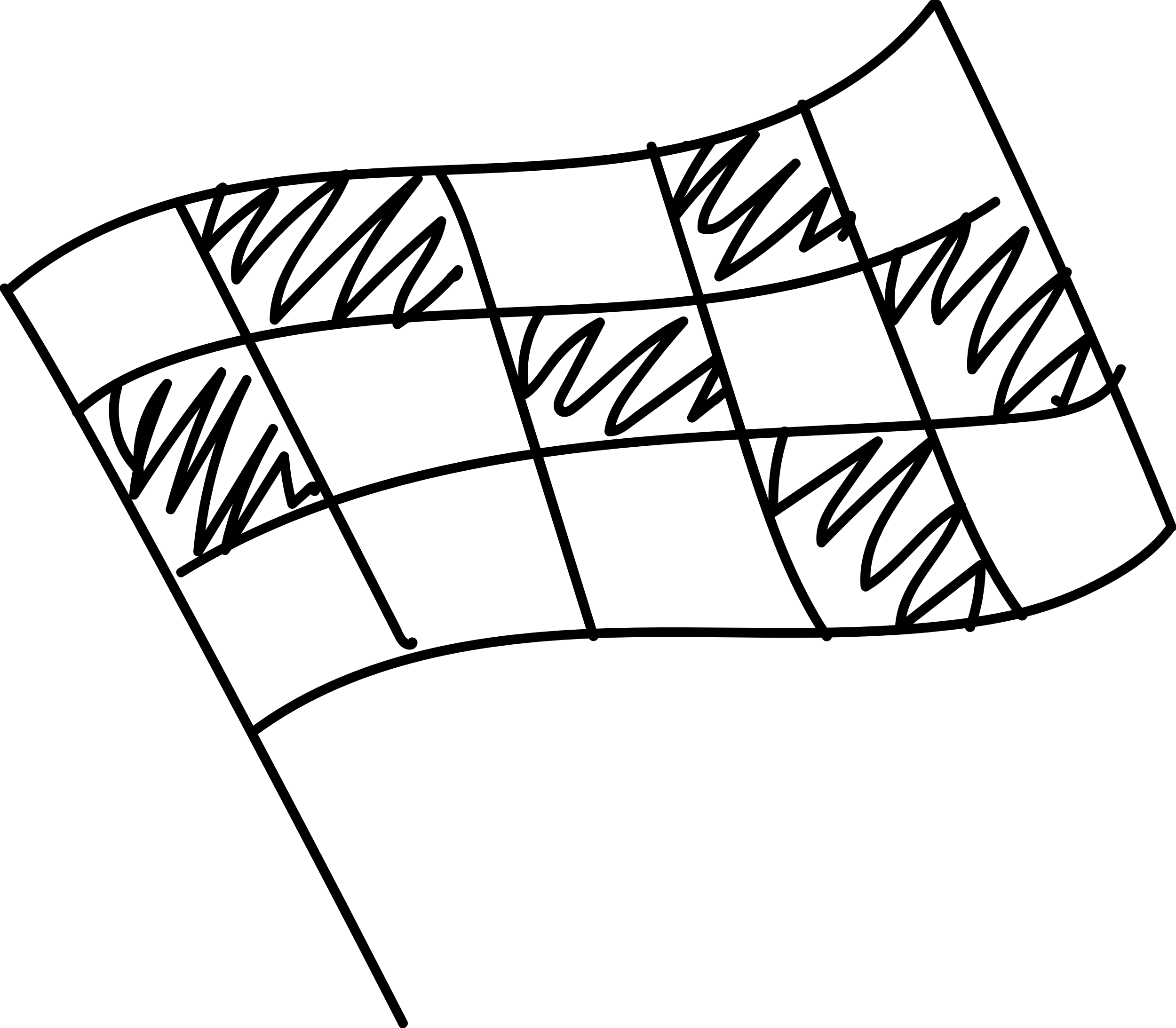
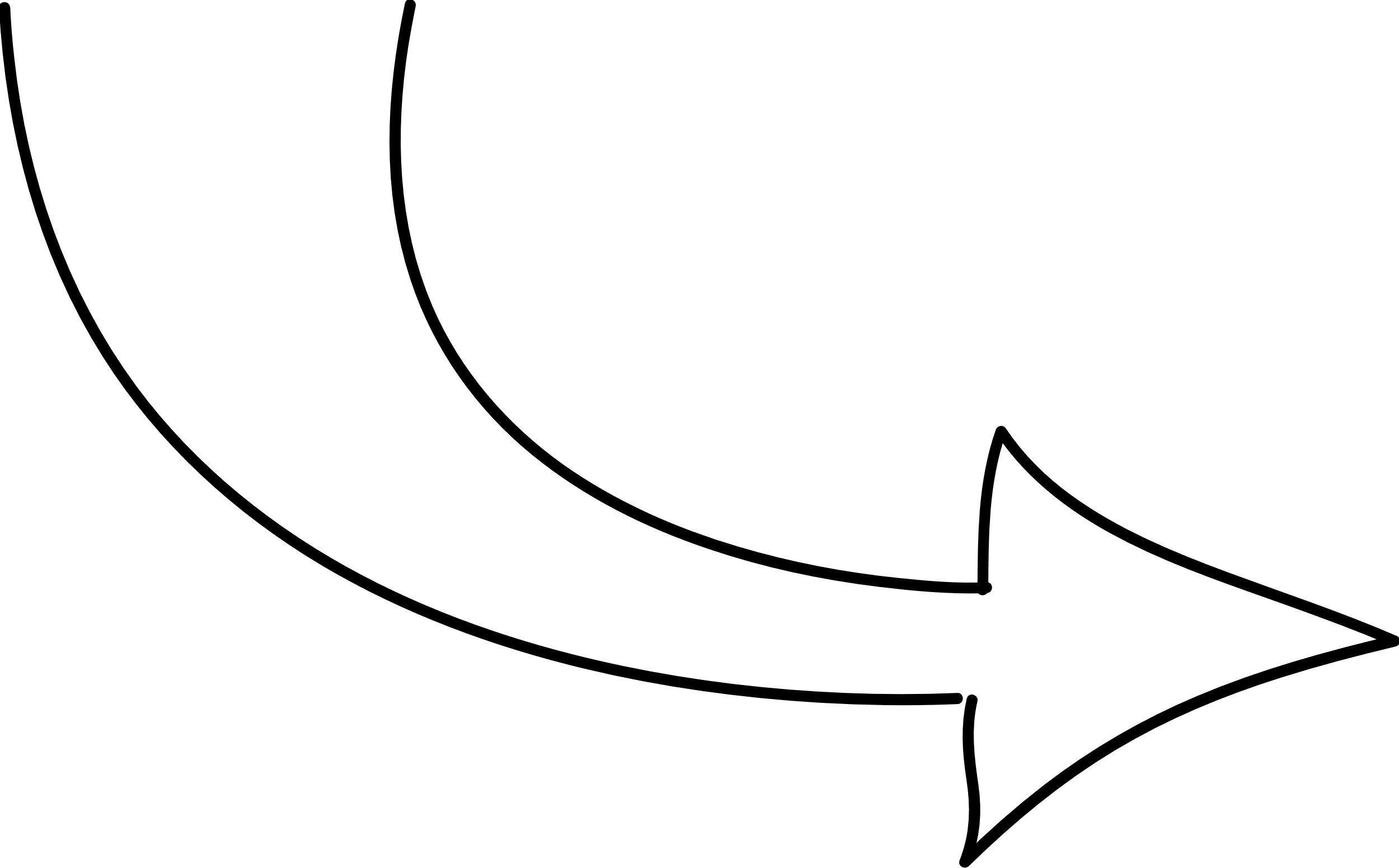
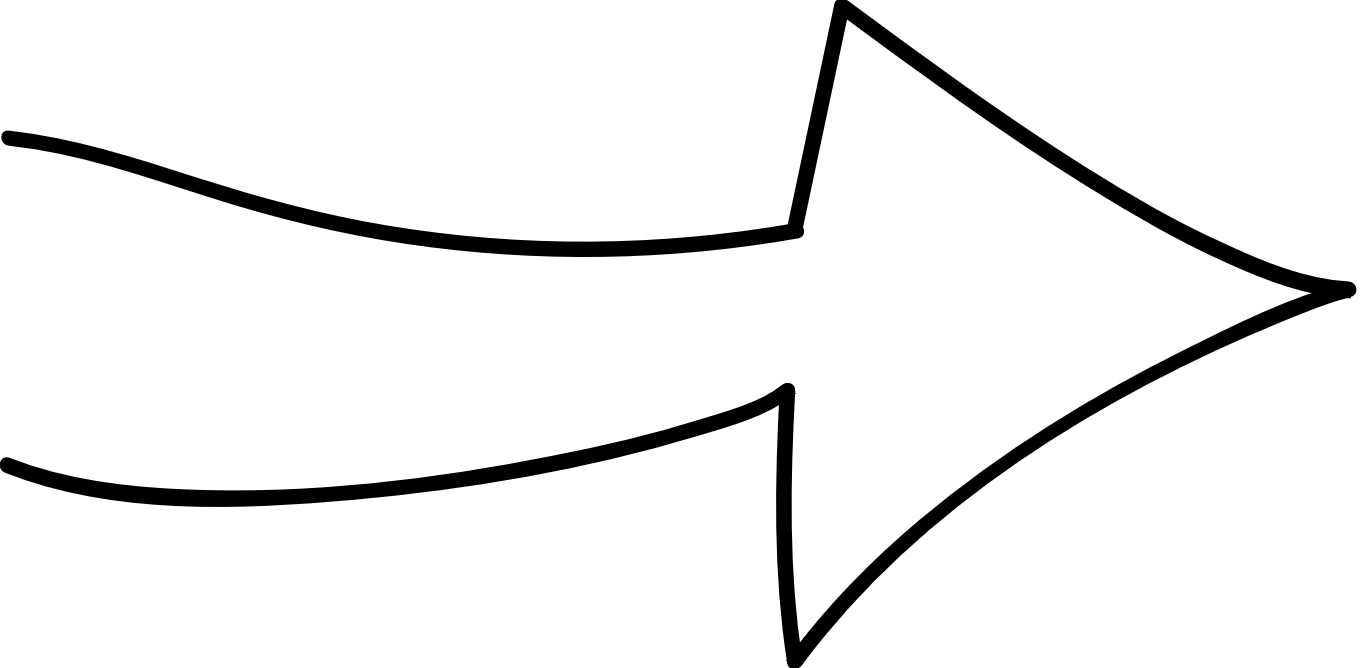
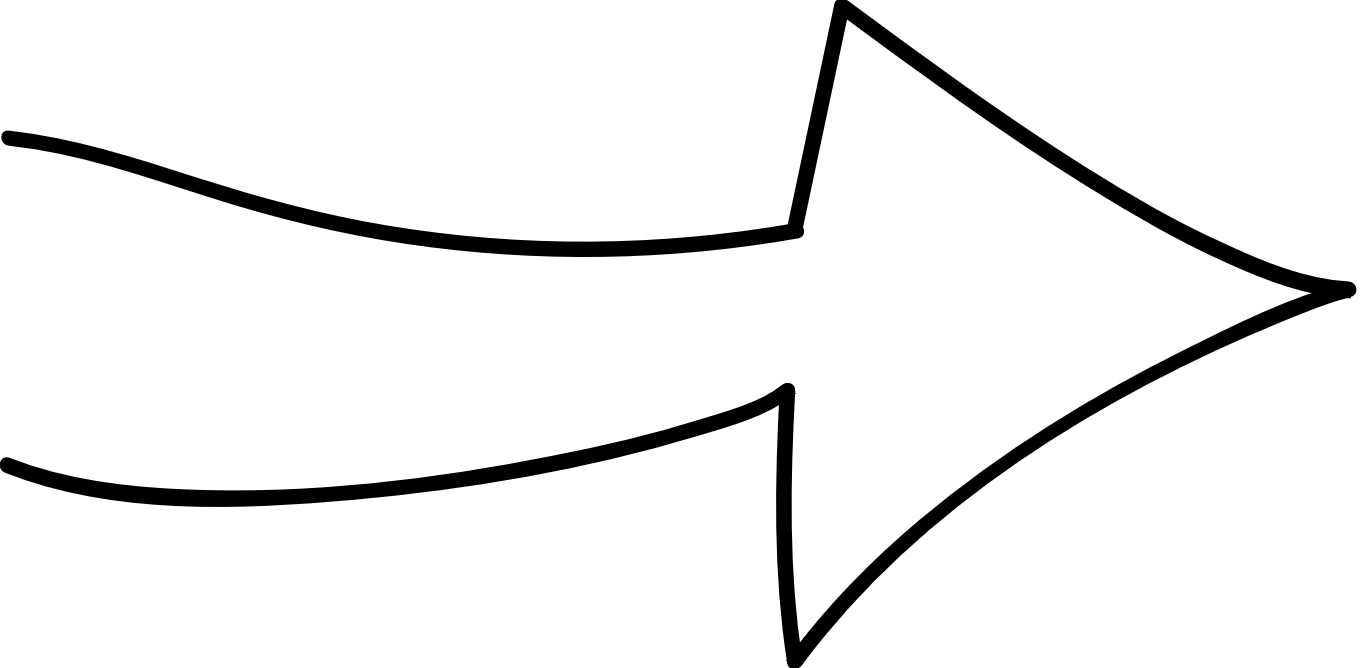
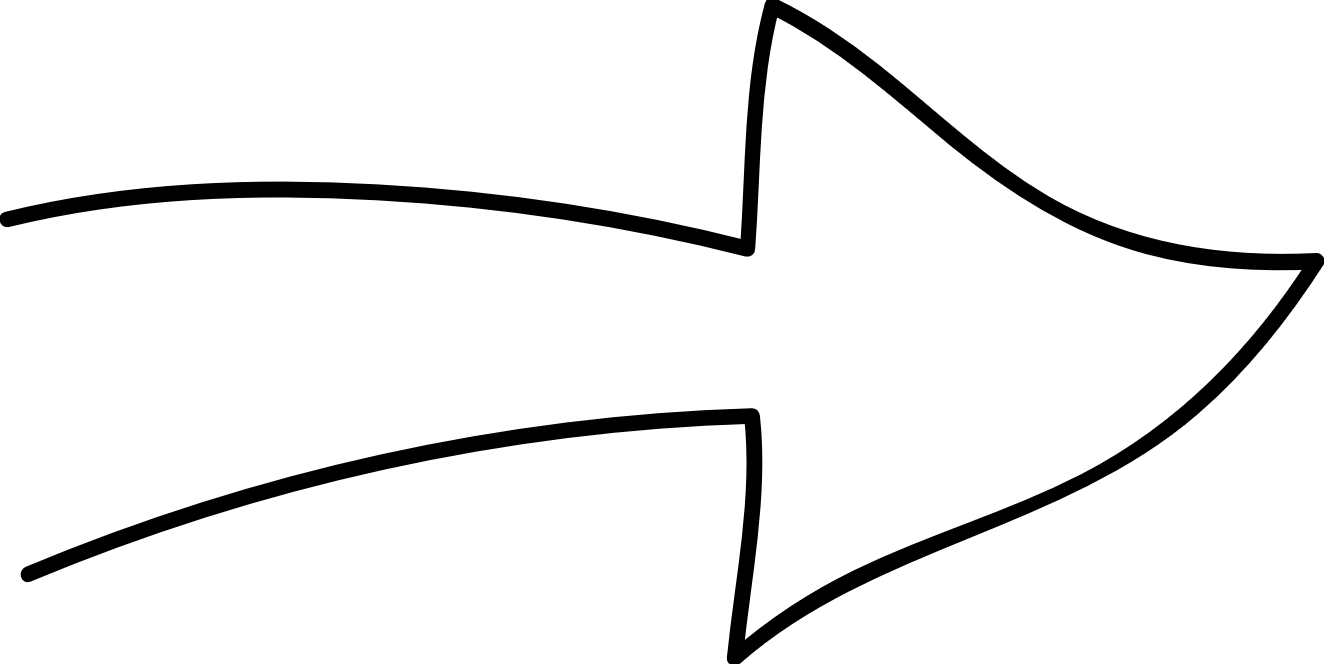
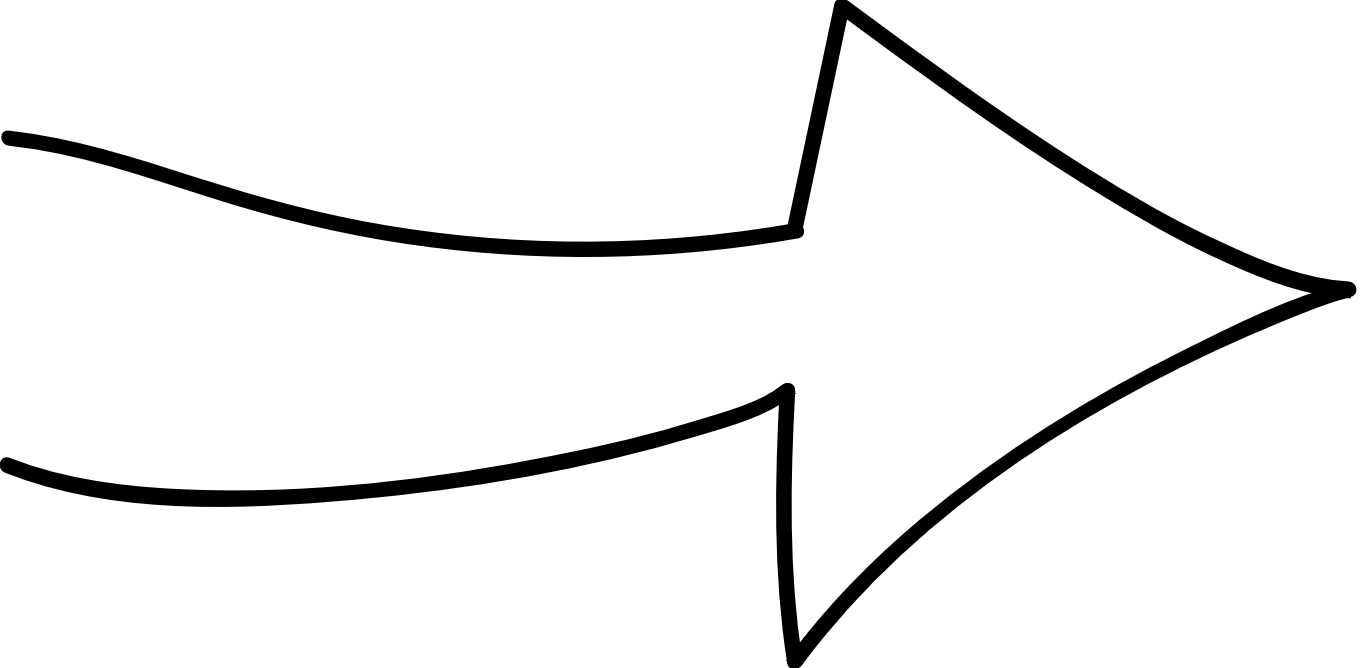
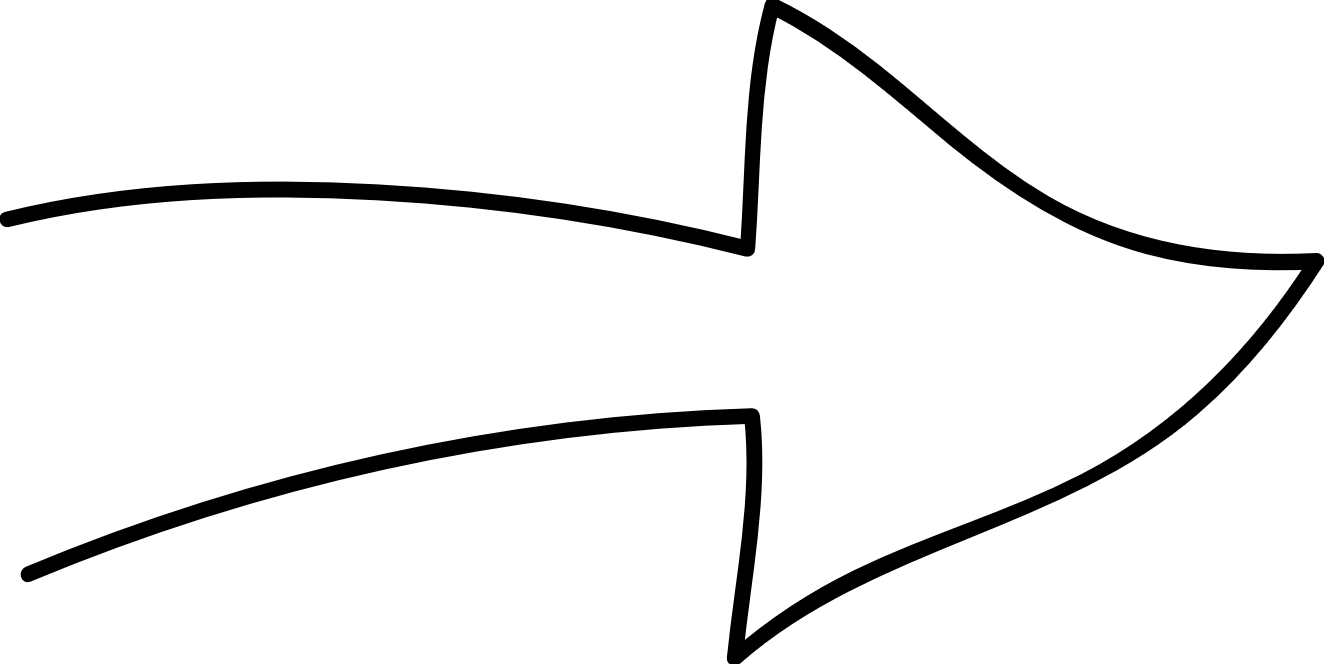
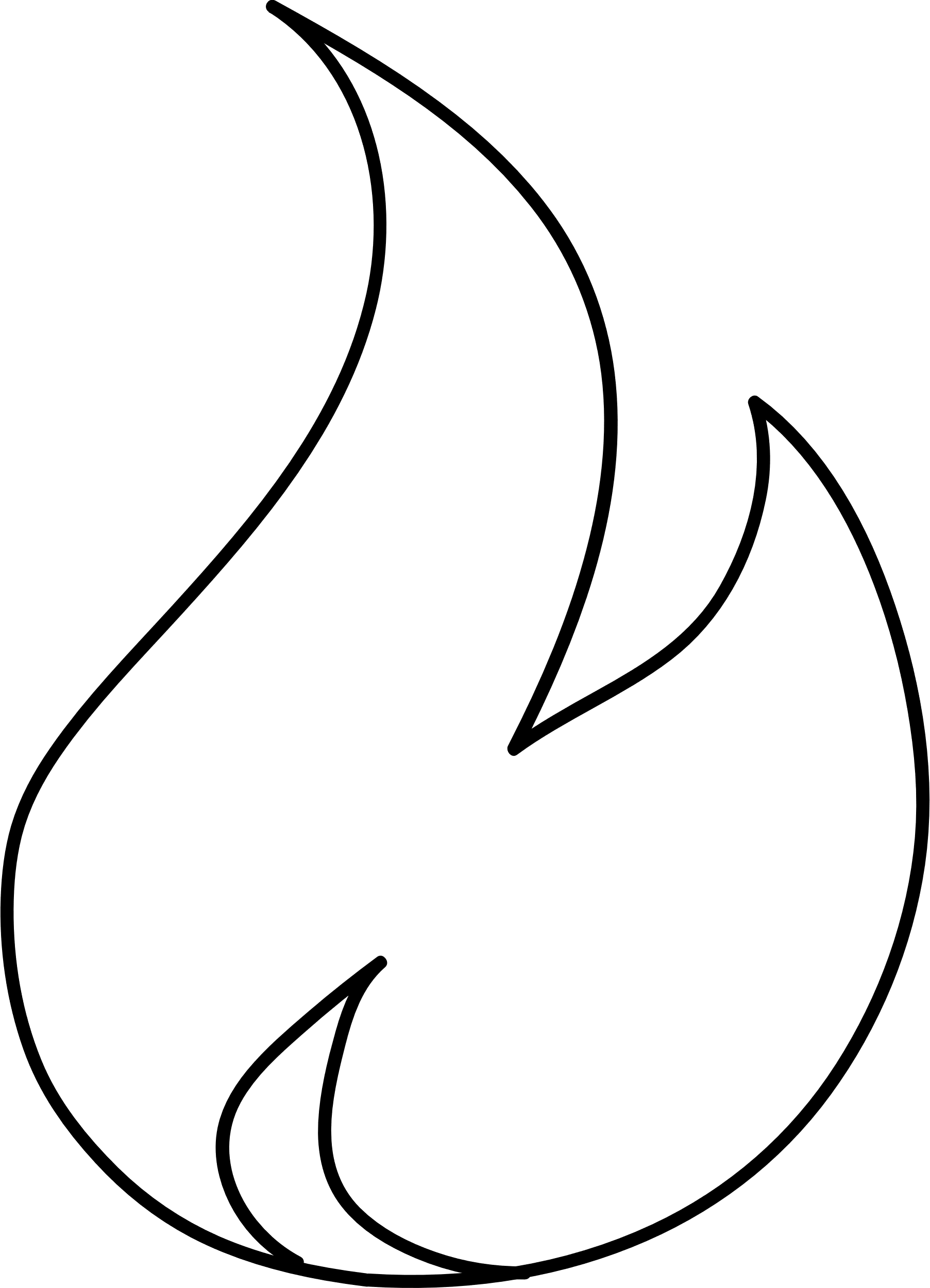
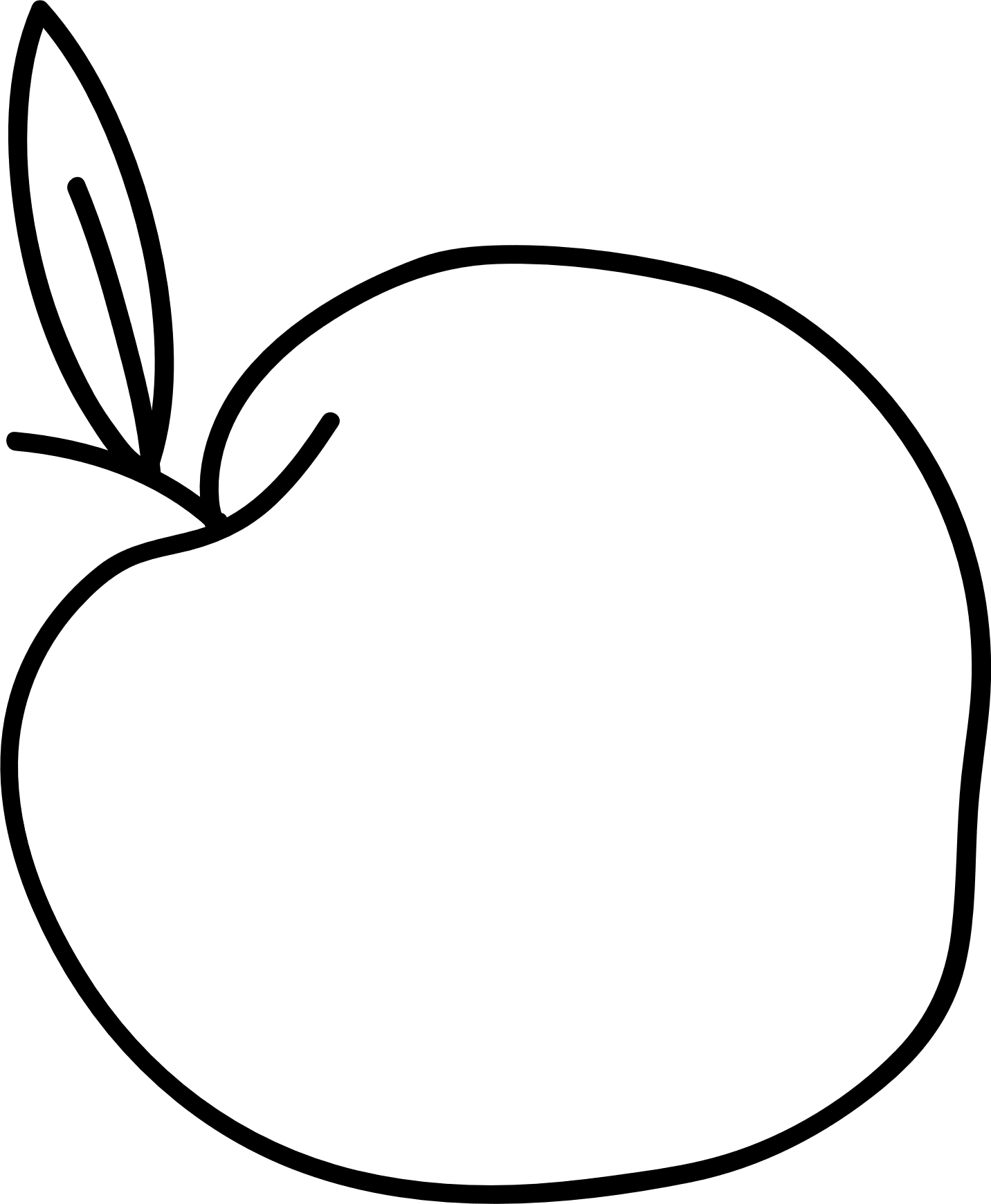
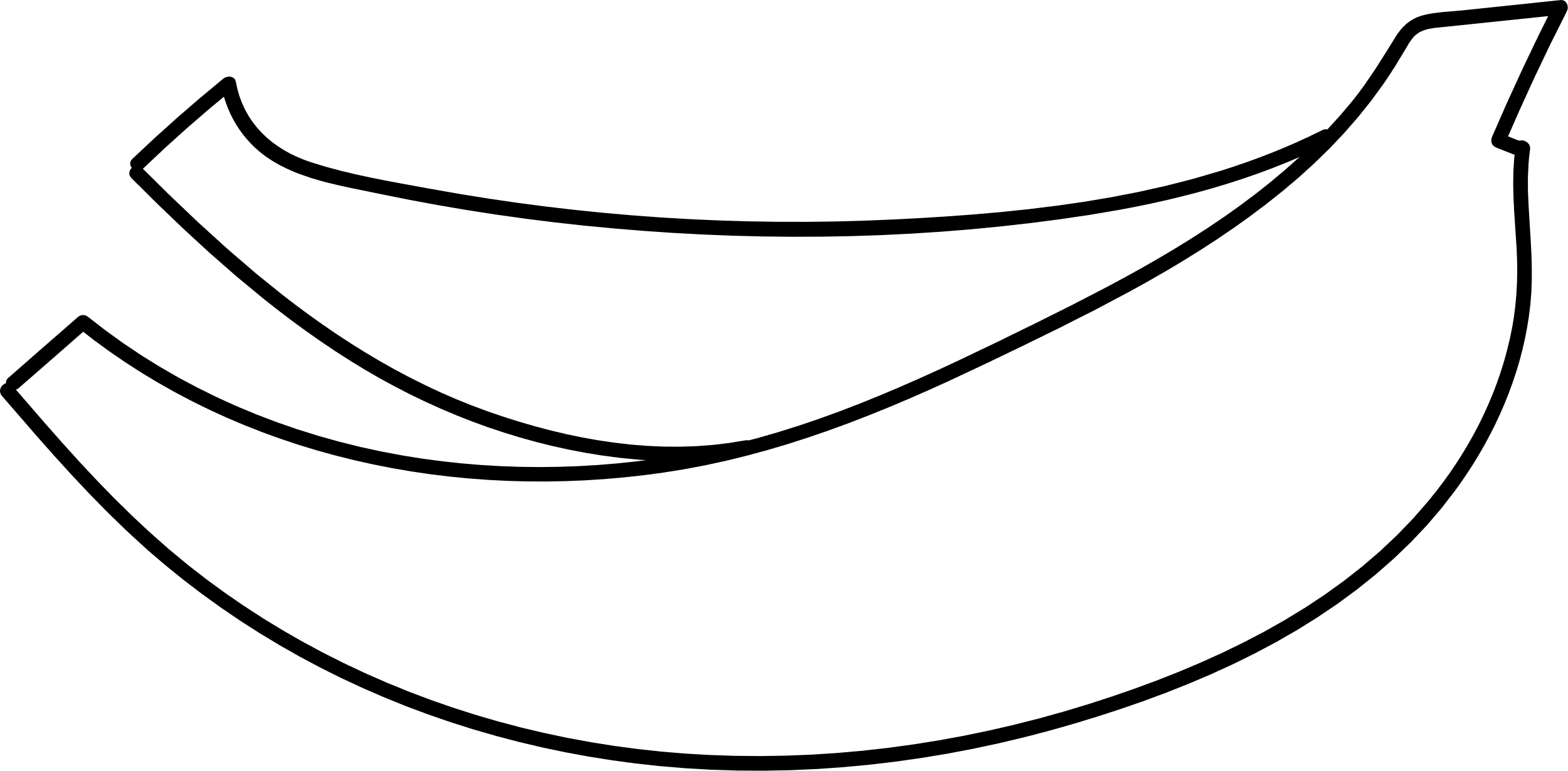
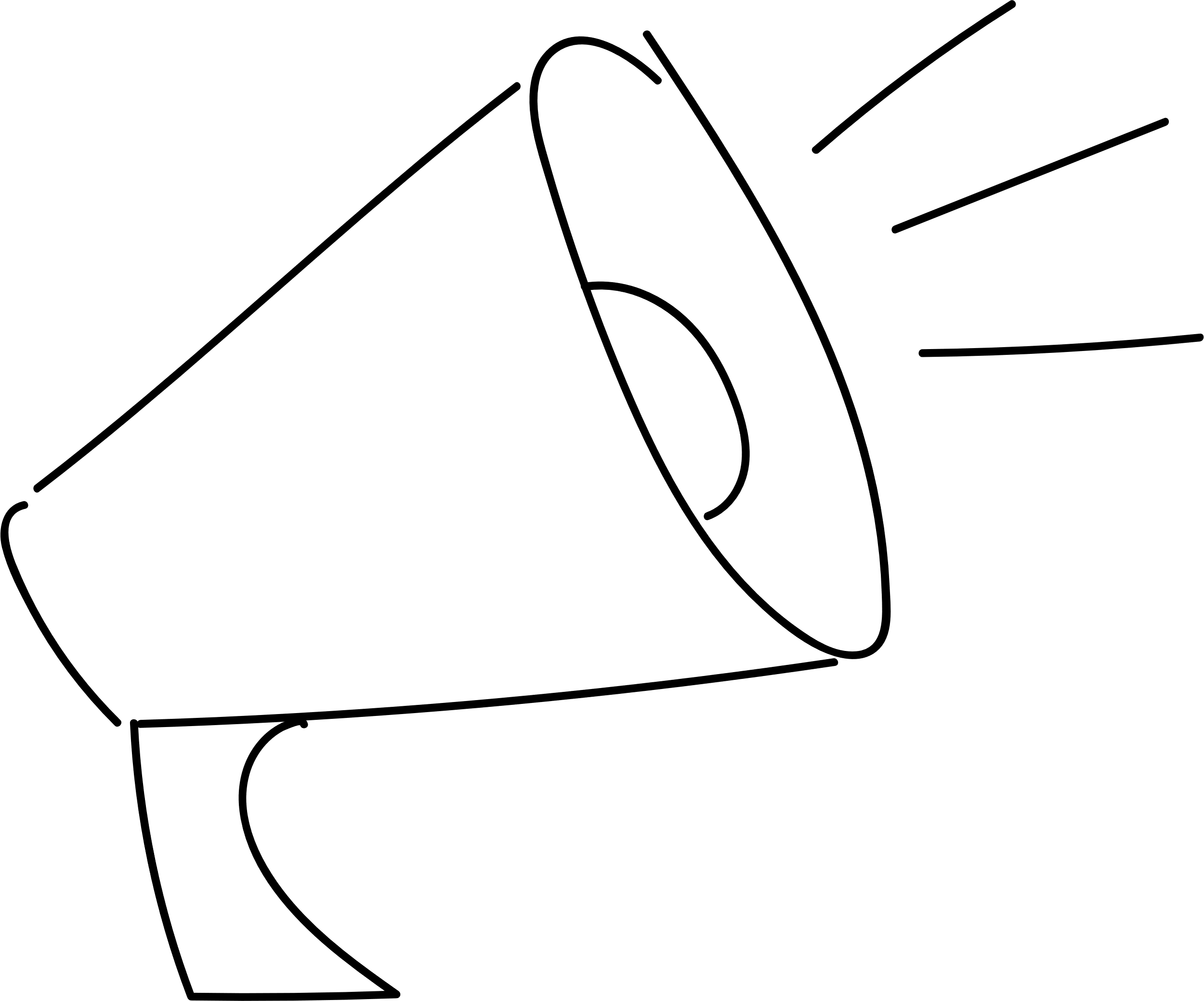


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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 50 |  |  |  |  |  |  |  |  |  |  |  |  |
| 49 |  |  |  |  |  |  |  |  |  |  |  |  |
| 48 |  |  |  |  |  |  |  |  |  |  |  |  |
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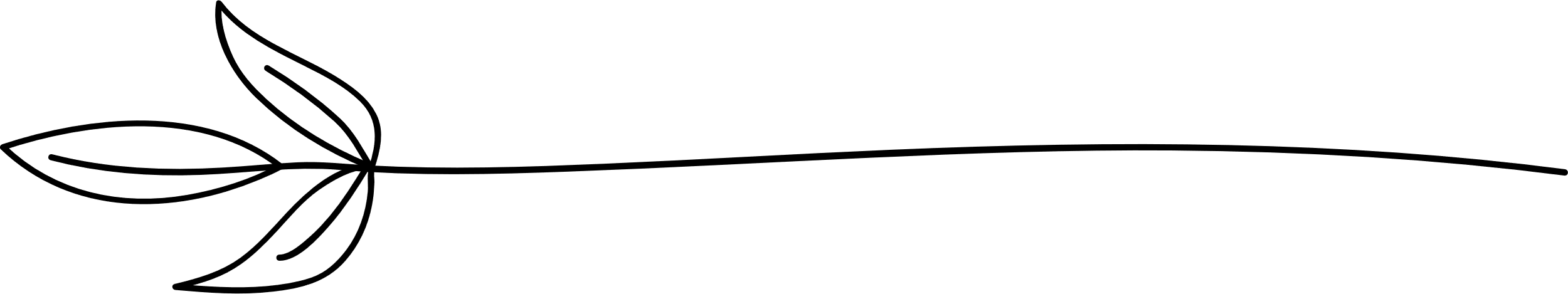
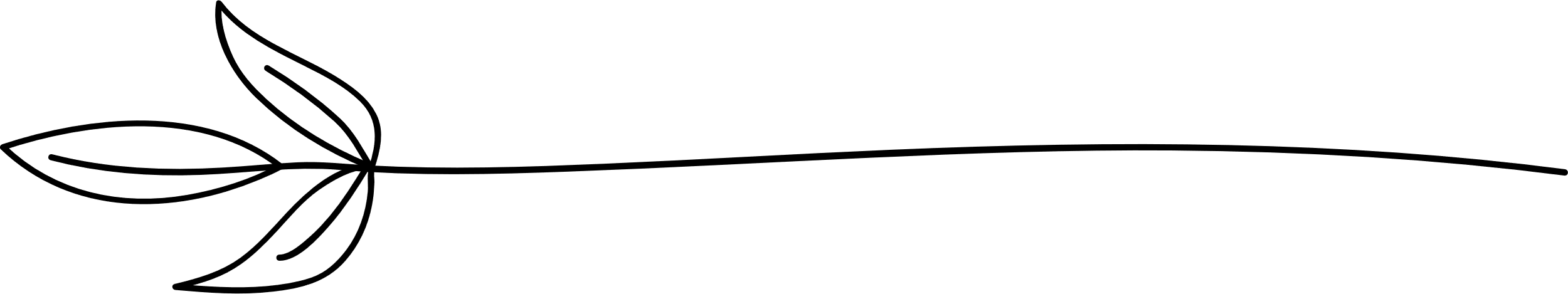
##### Measurements



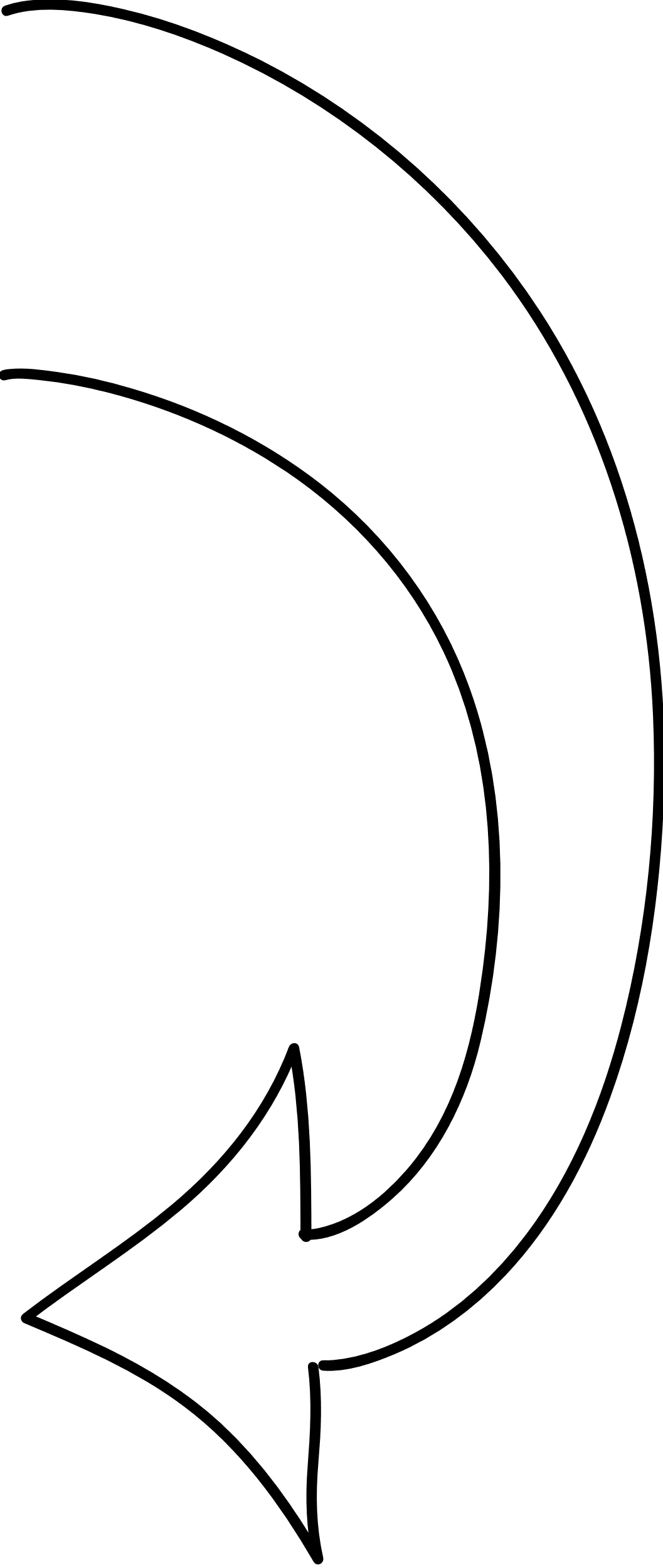
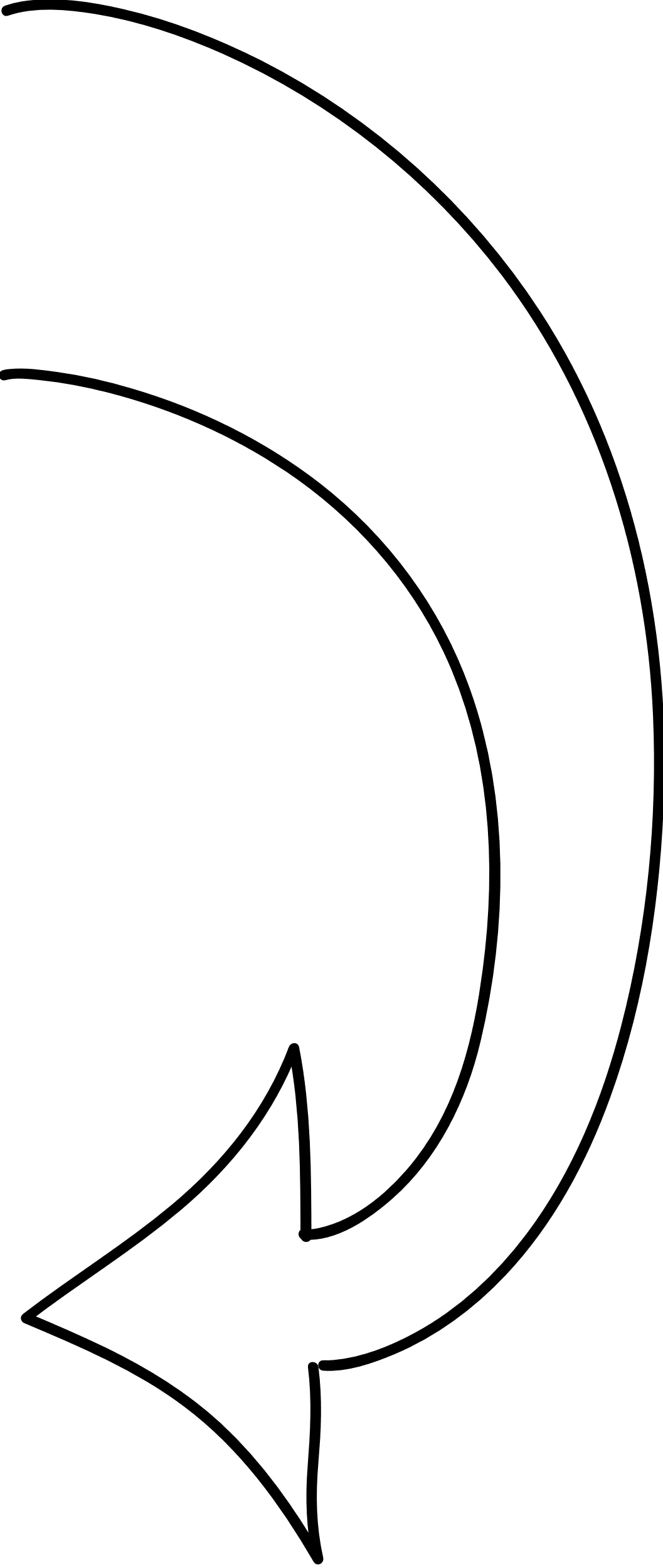
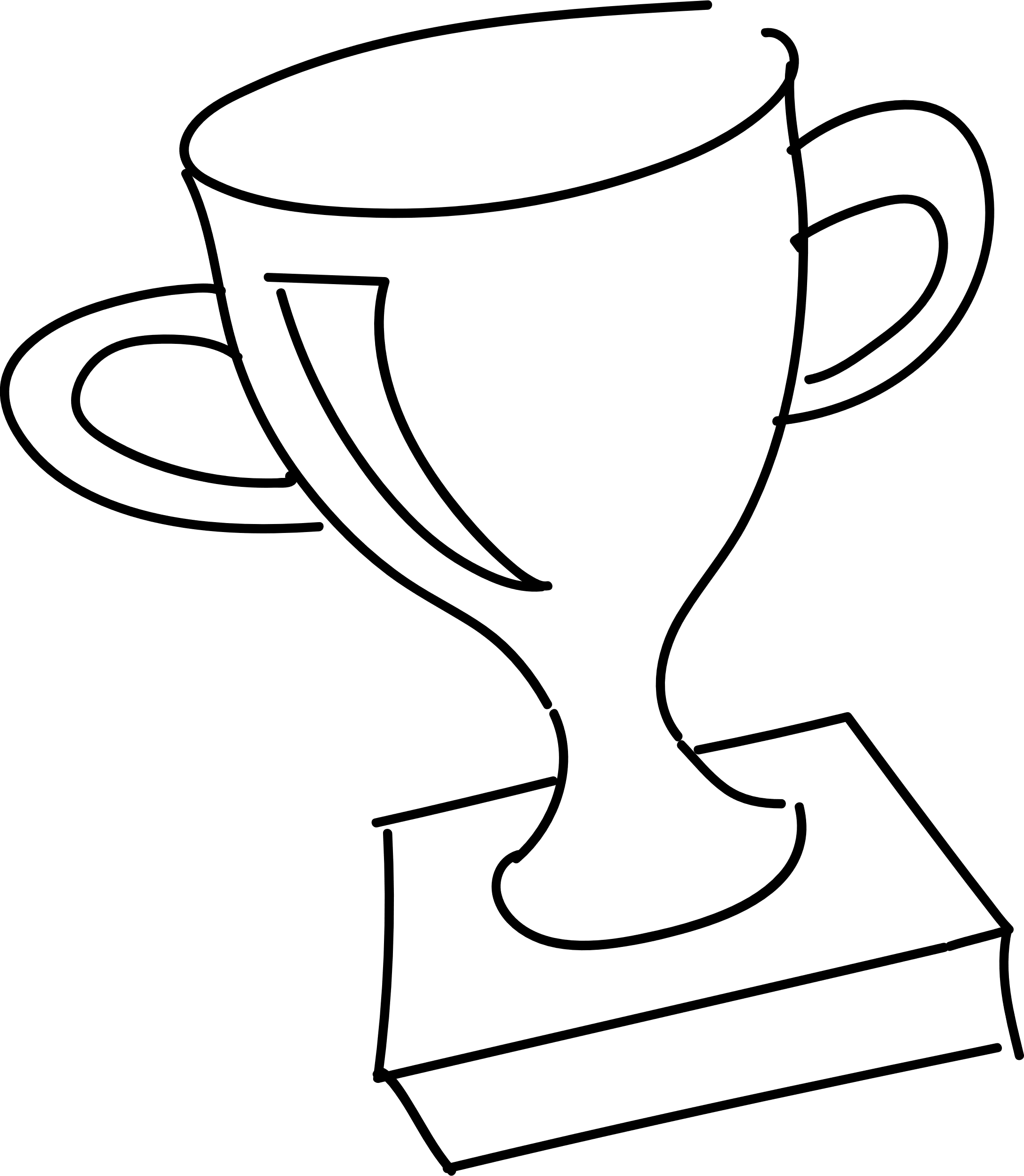
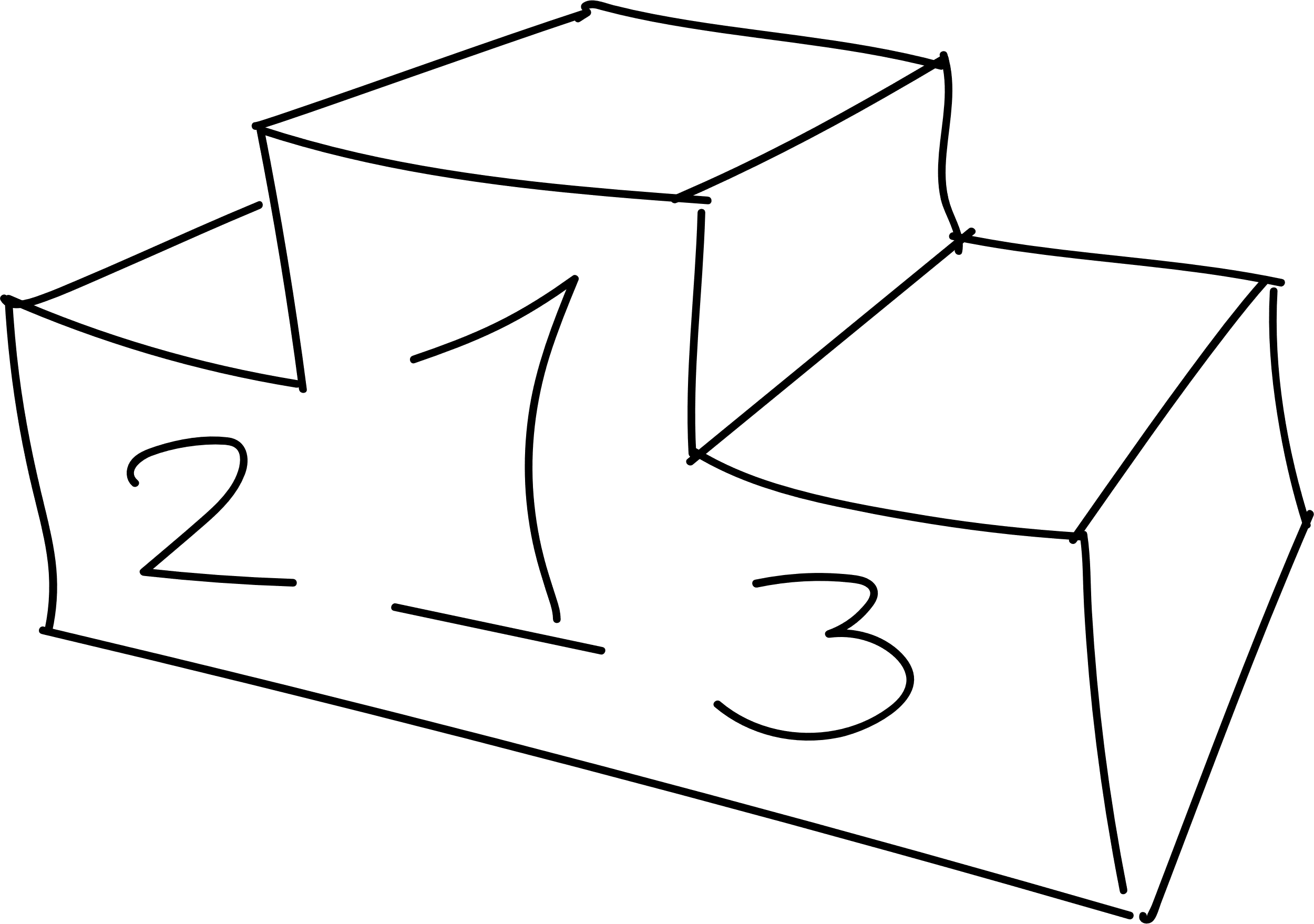
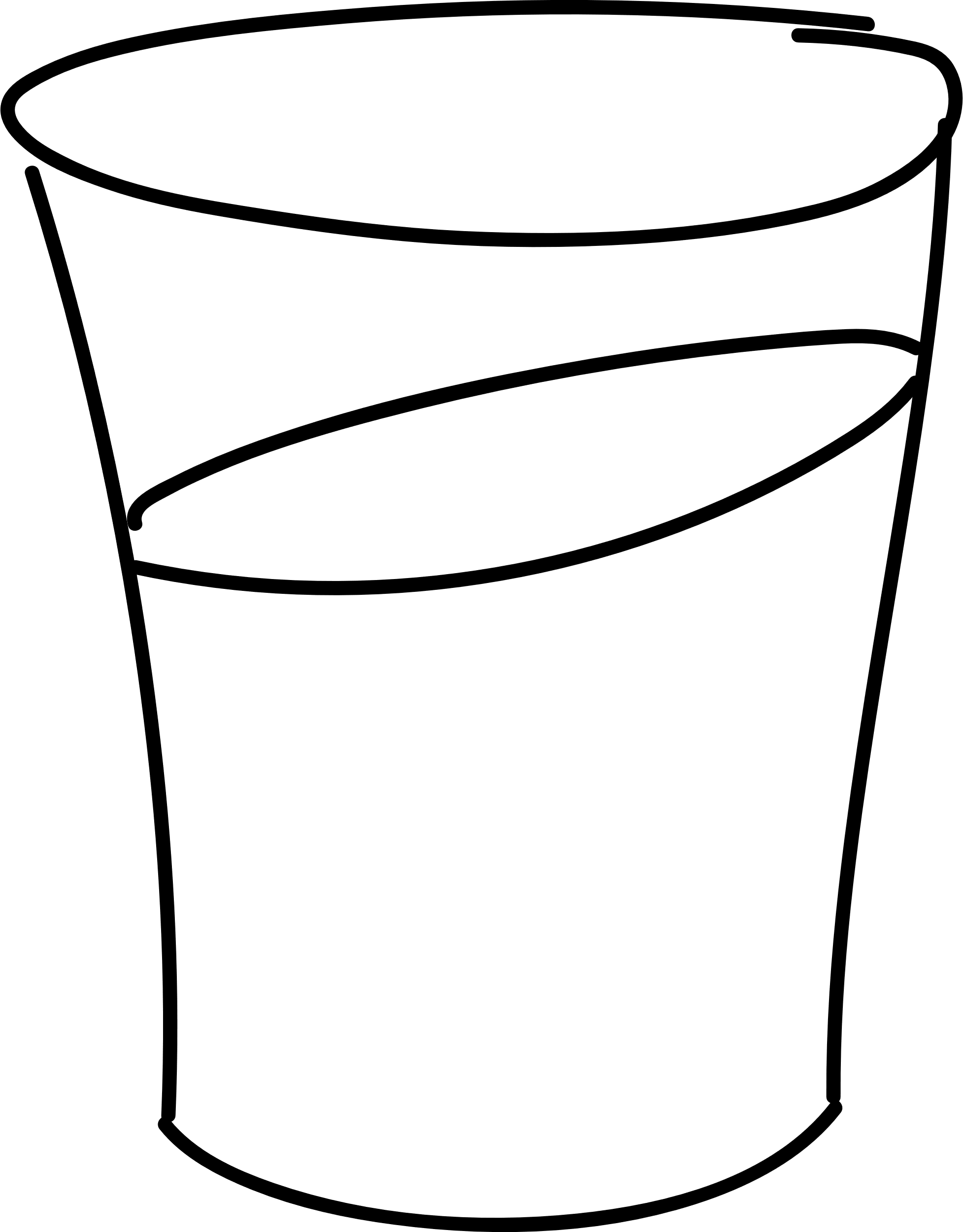
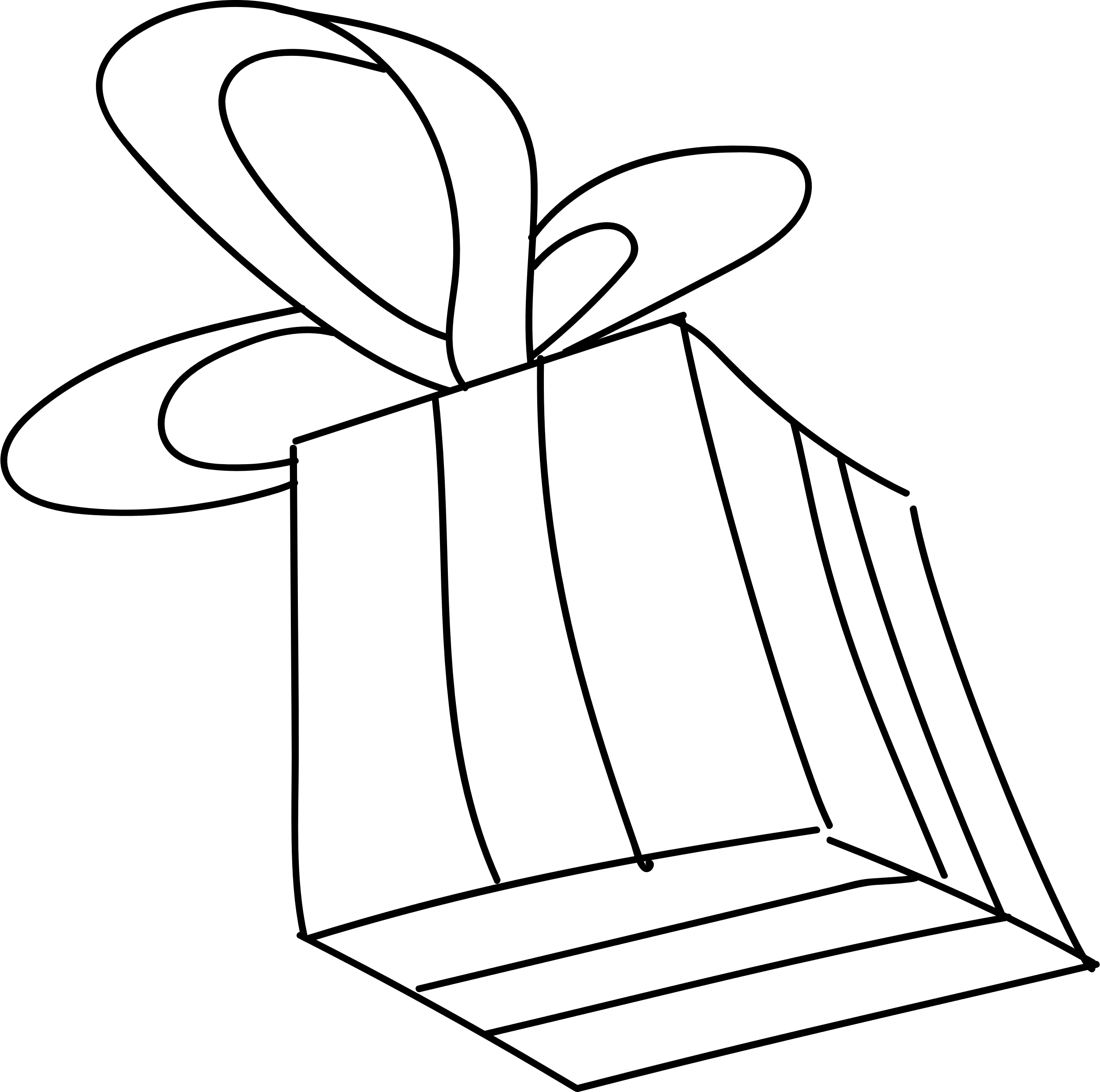
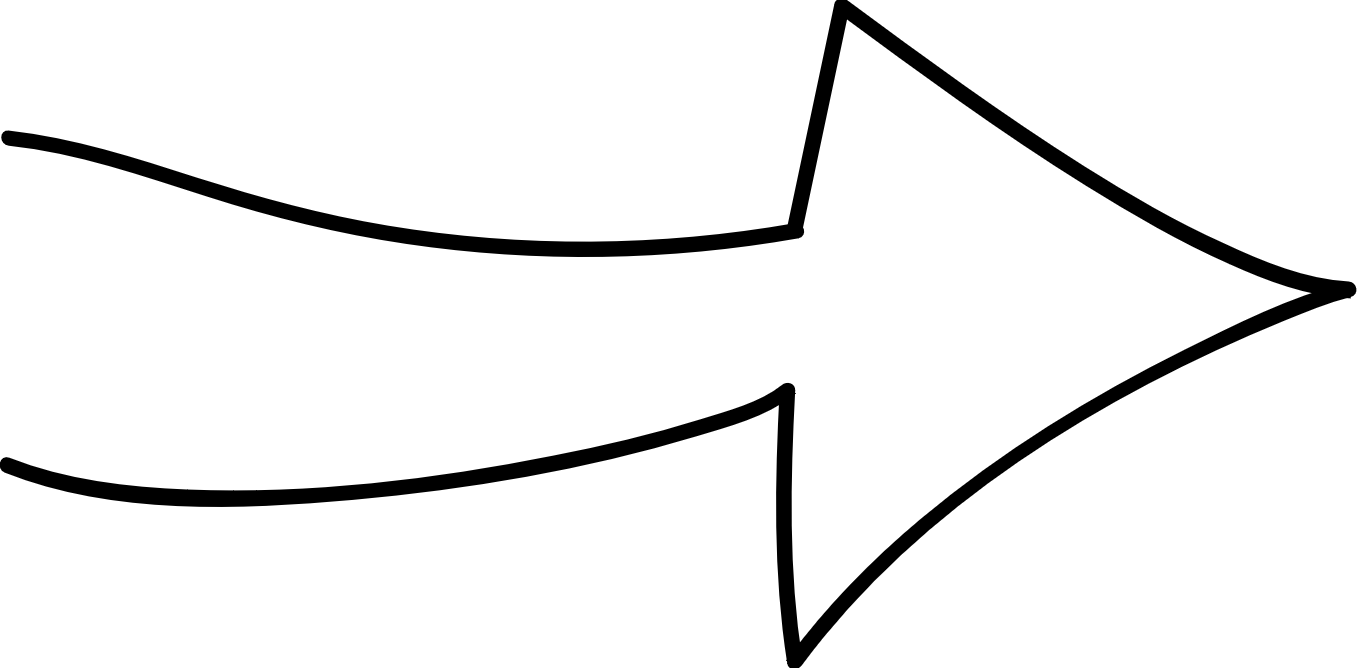
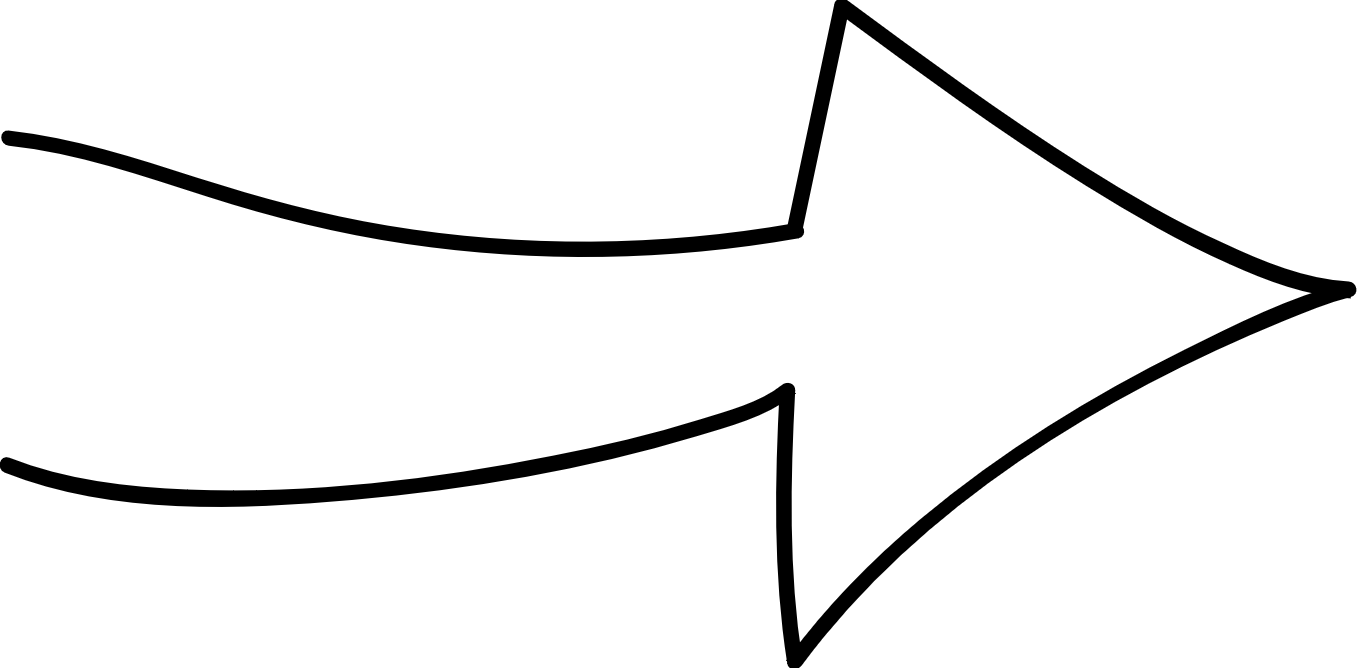
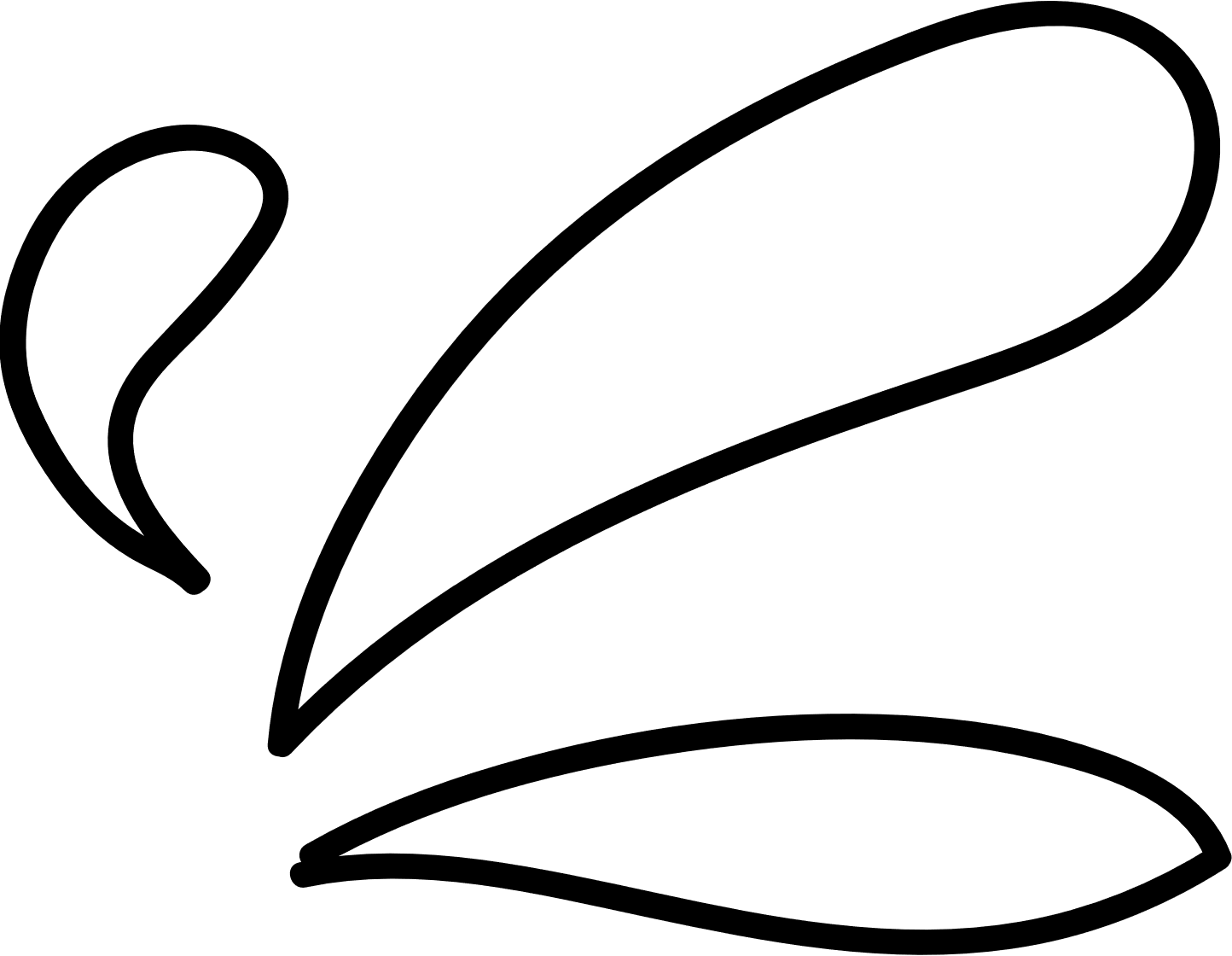
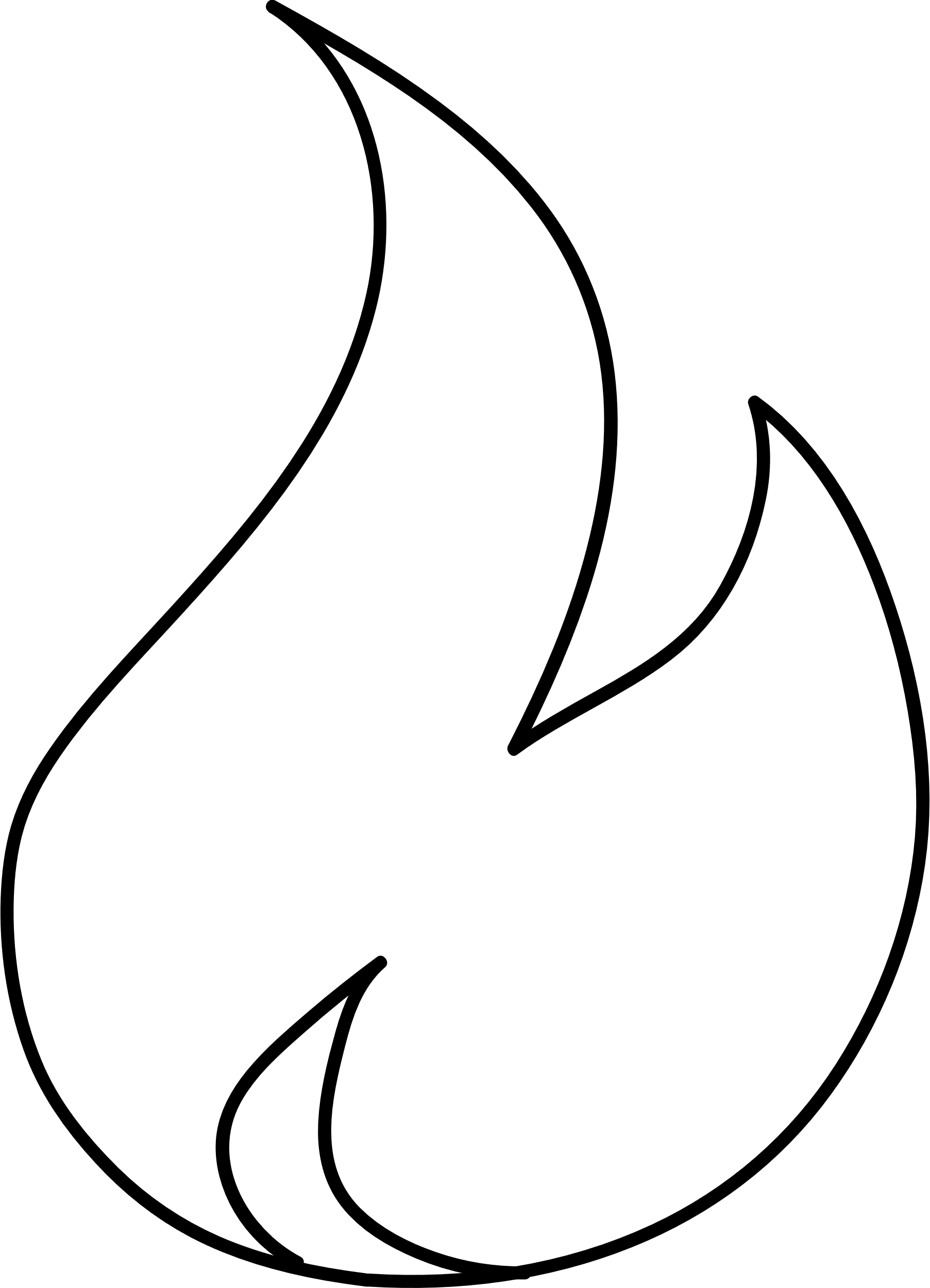
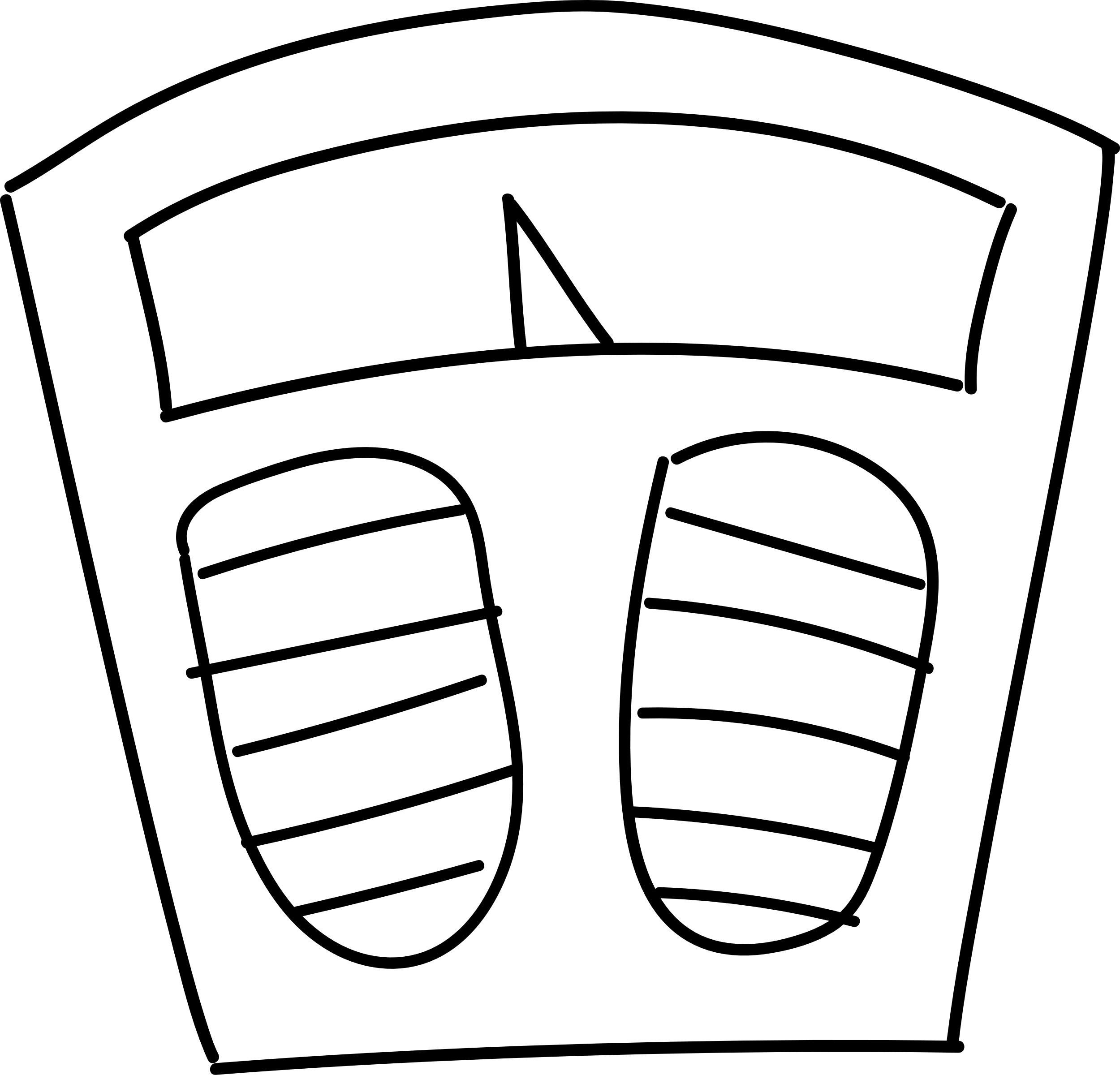
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Jan | Mar | May | Jul | Sep | Nov |
| Chest |  |  |  |  |  |  |
| Hips |  |  |  |  |  |  |
| Left Thigh |  |  |  |  |  |  |
| Right Thigh |  |  |  |  |  |  |
| Left Arm |  |  |  |  |  |  |
| Right Arm |  |  |  |  |  |  |



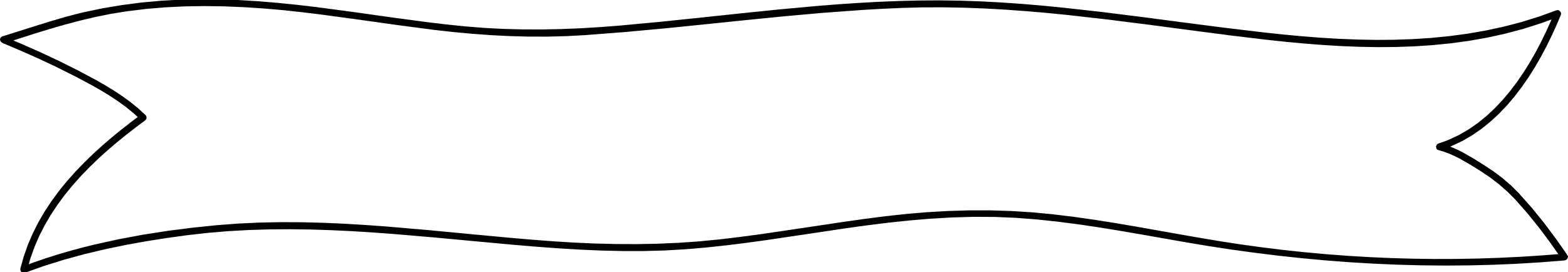
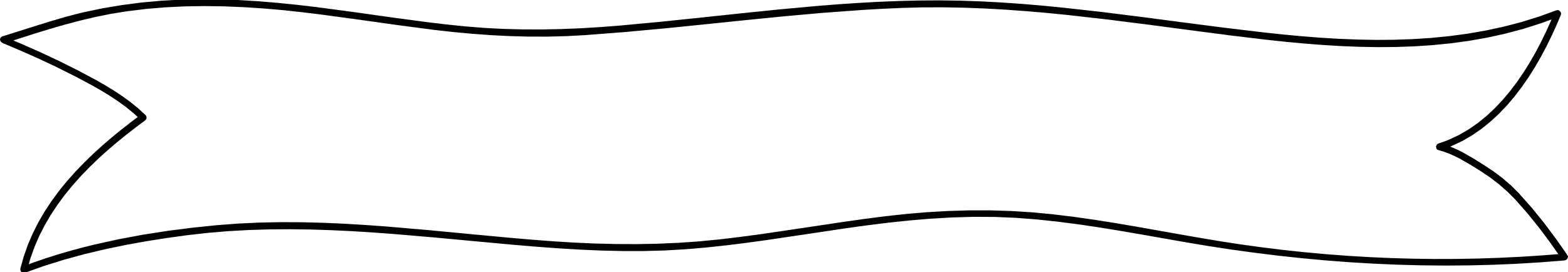
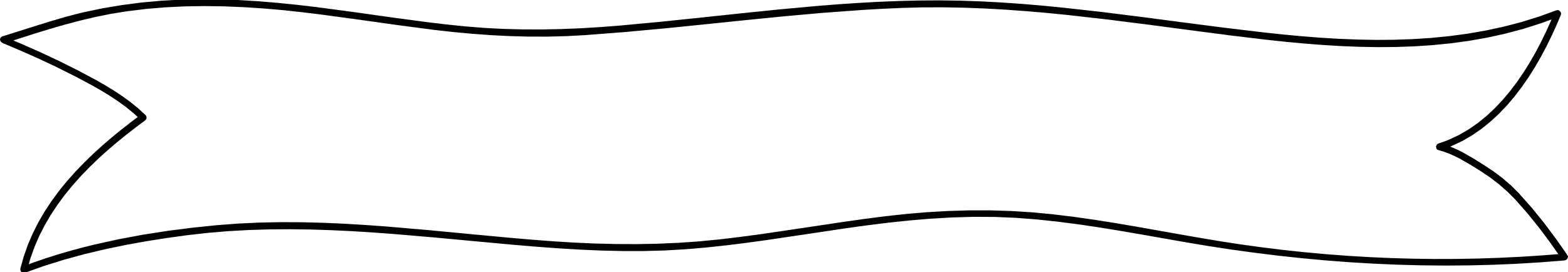
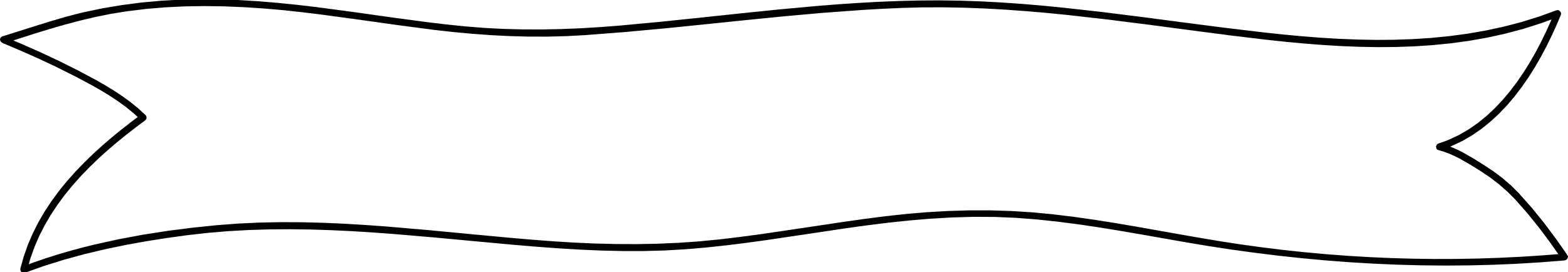
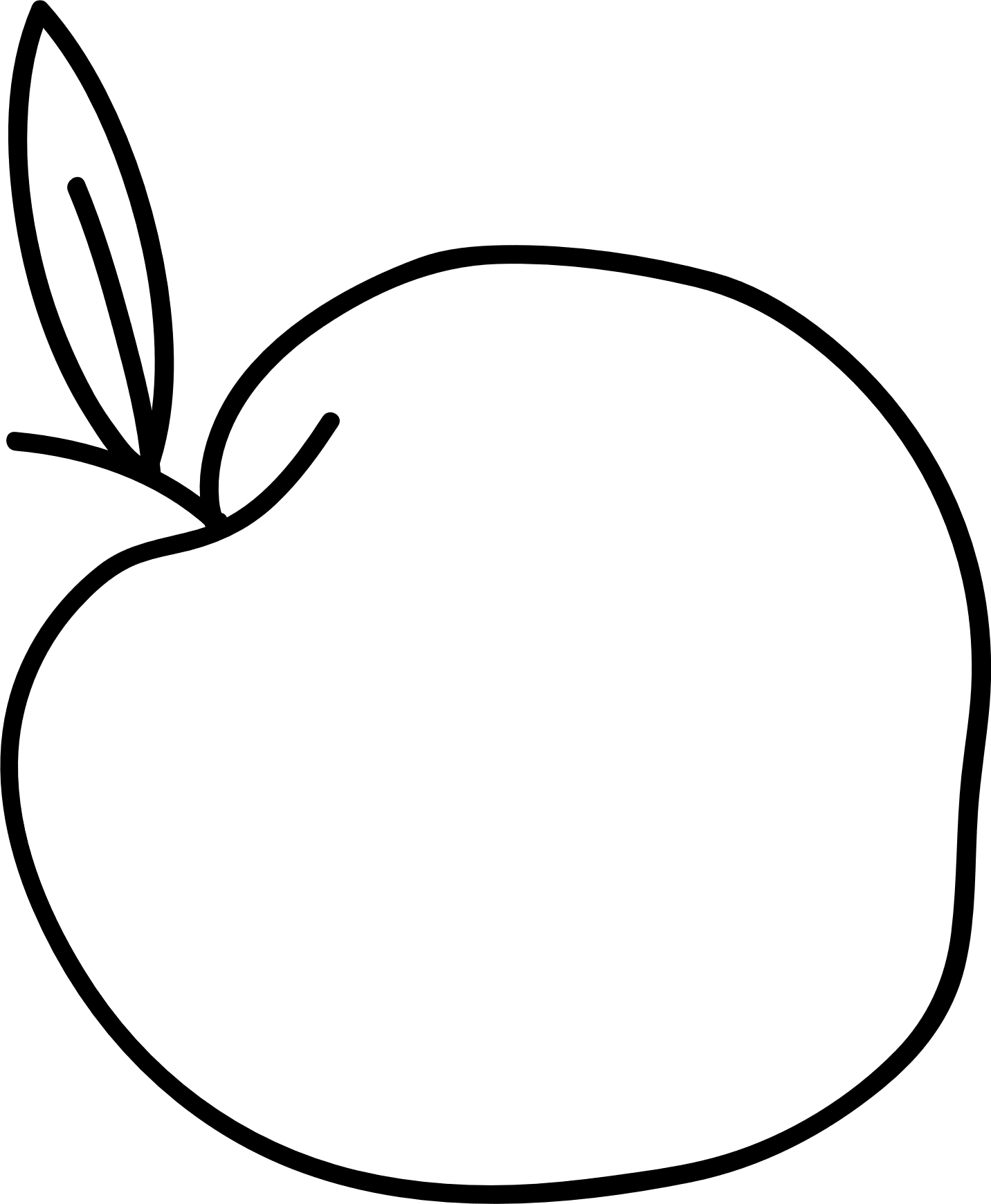
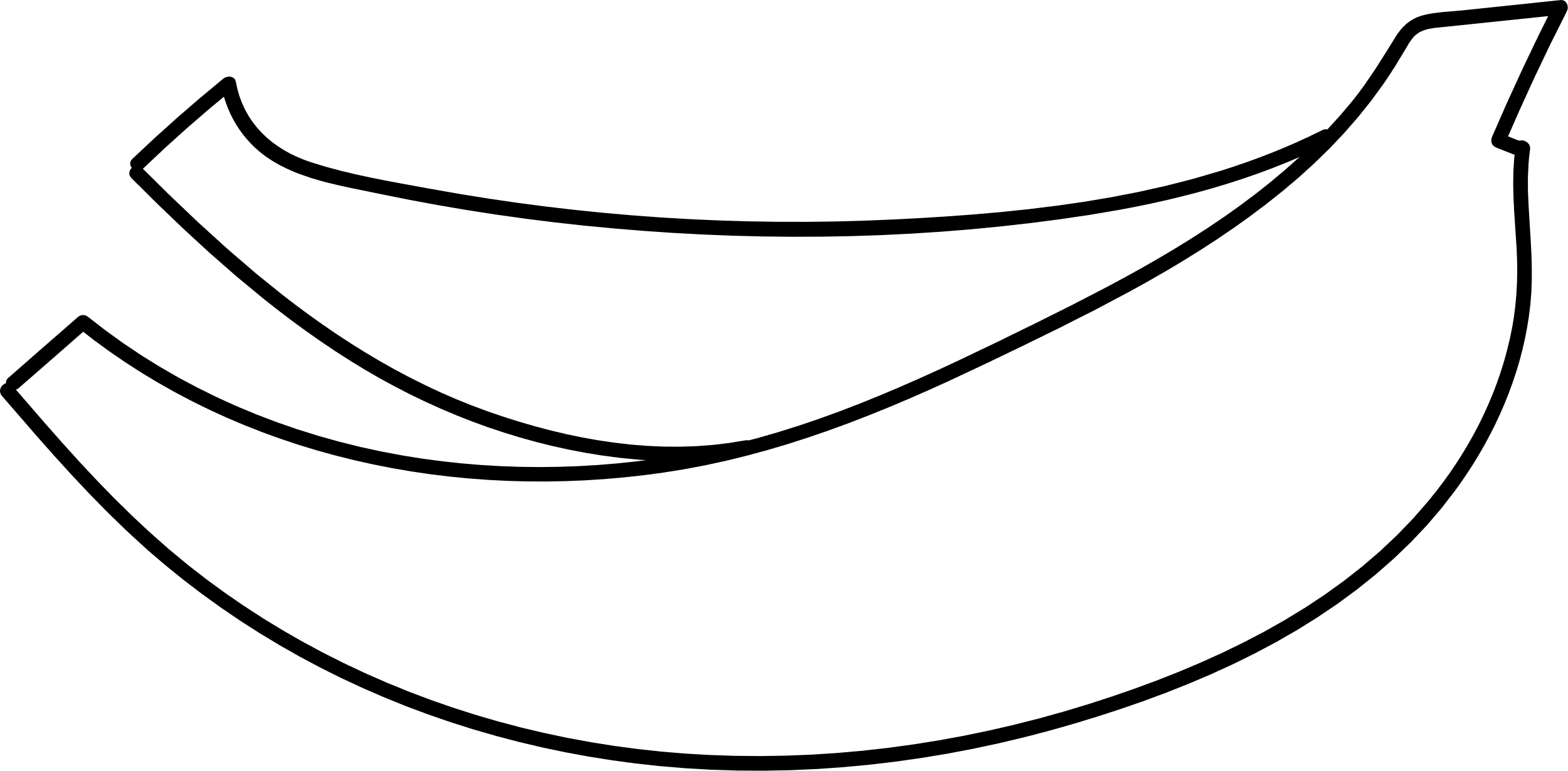
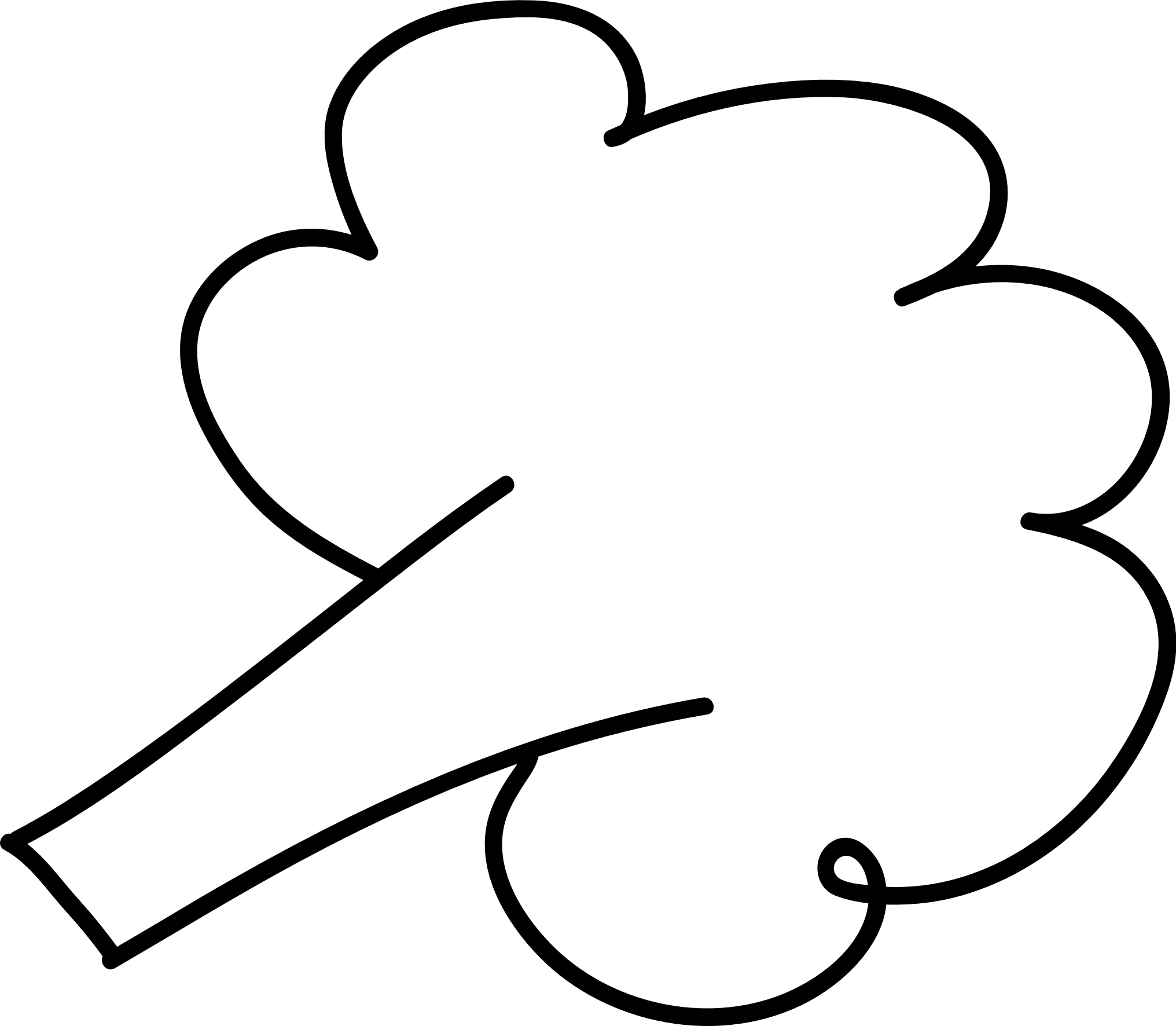
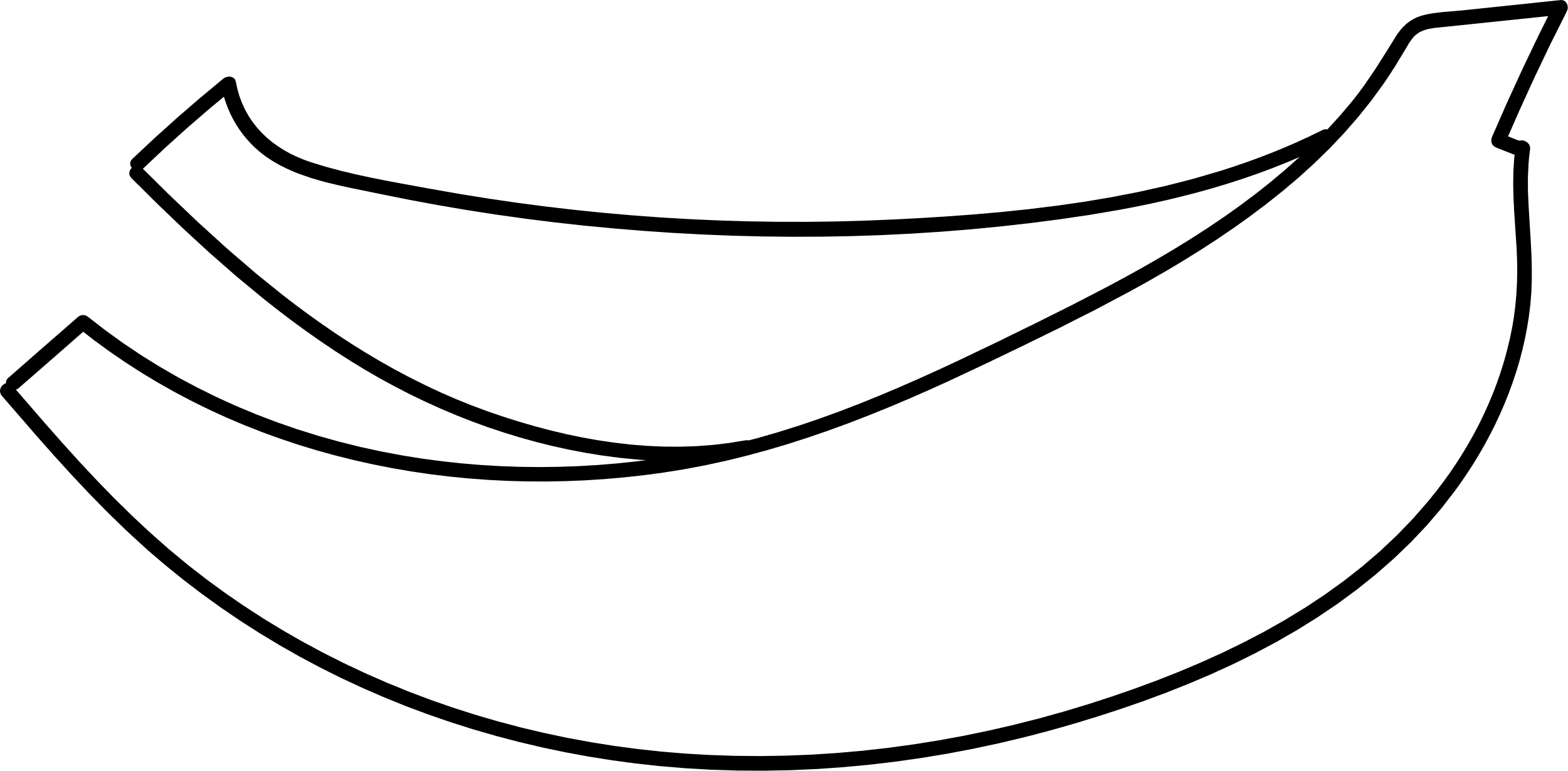
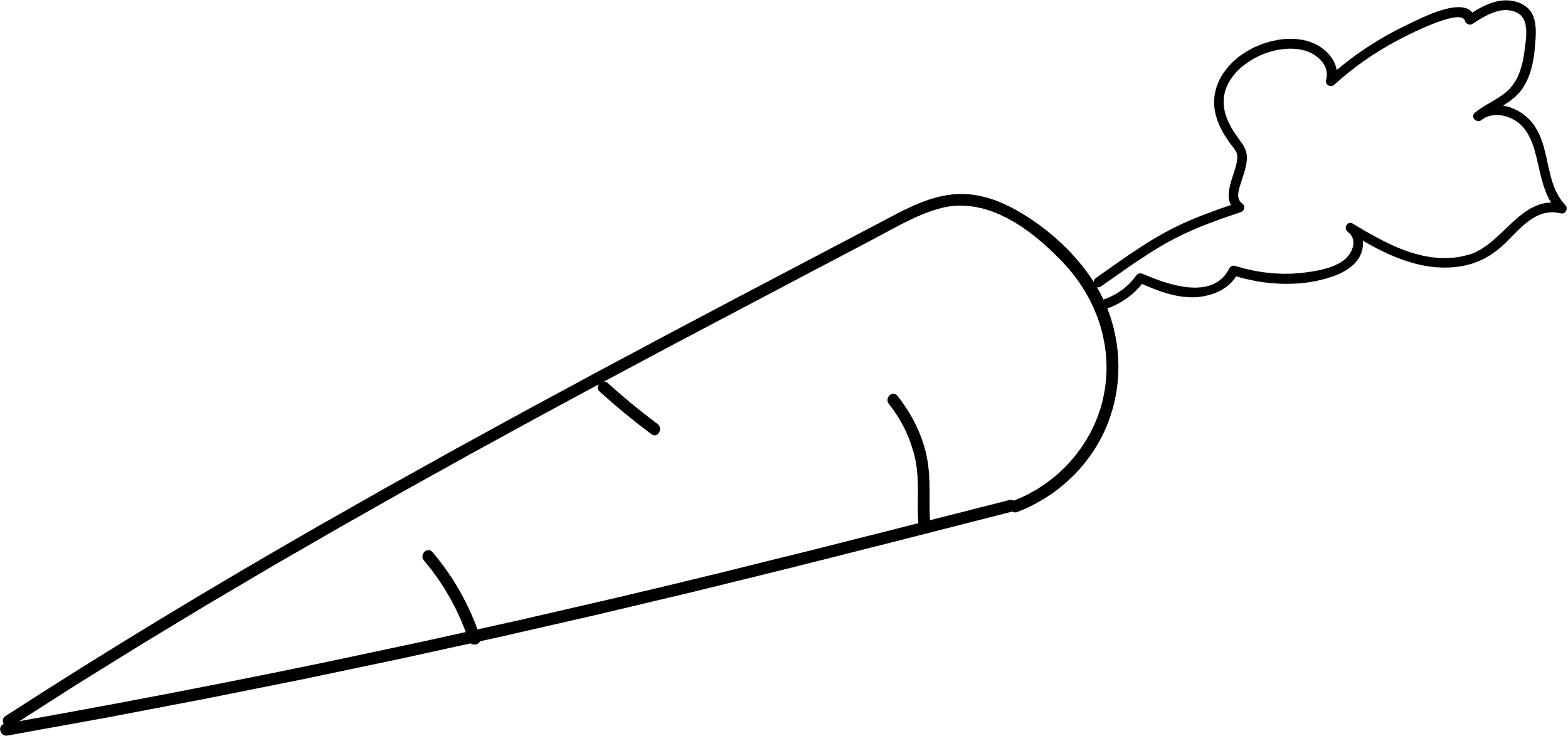
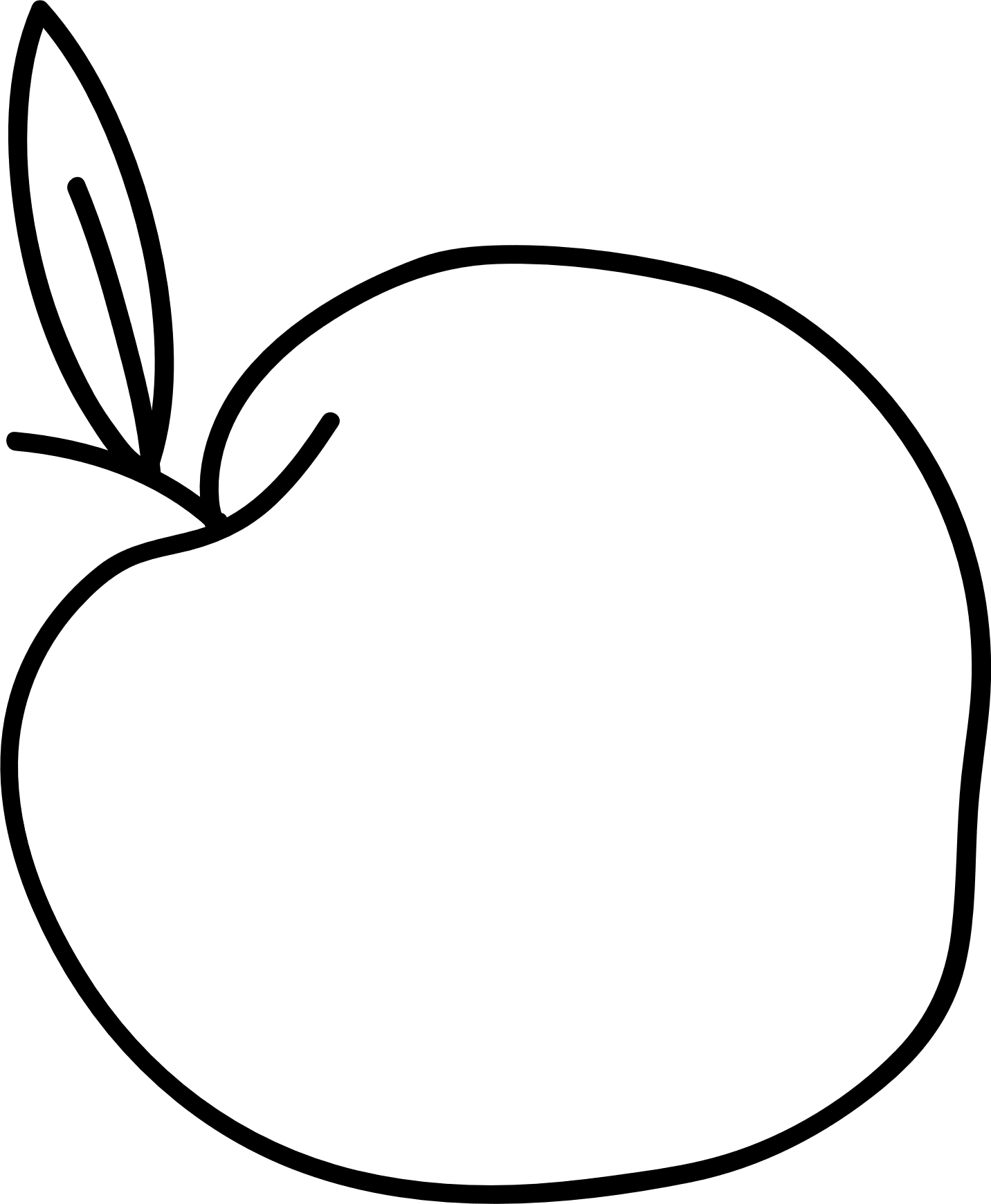
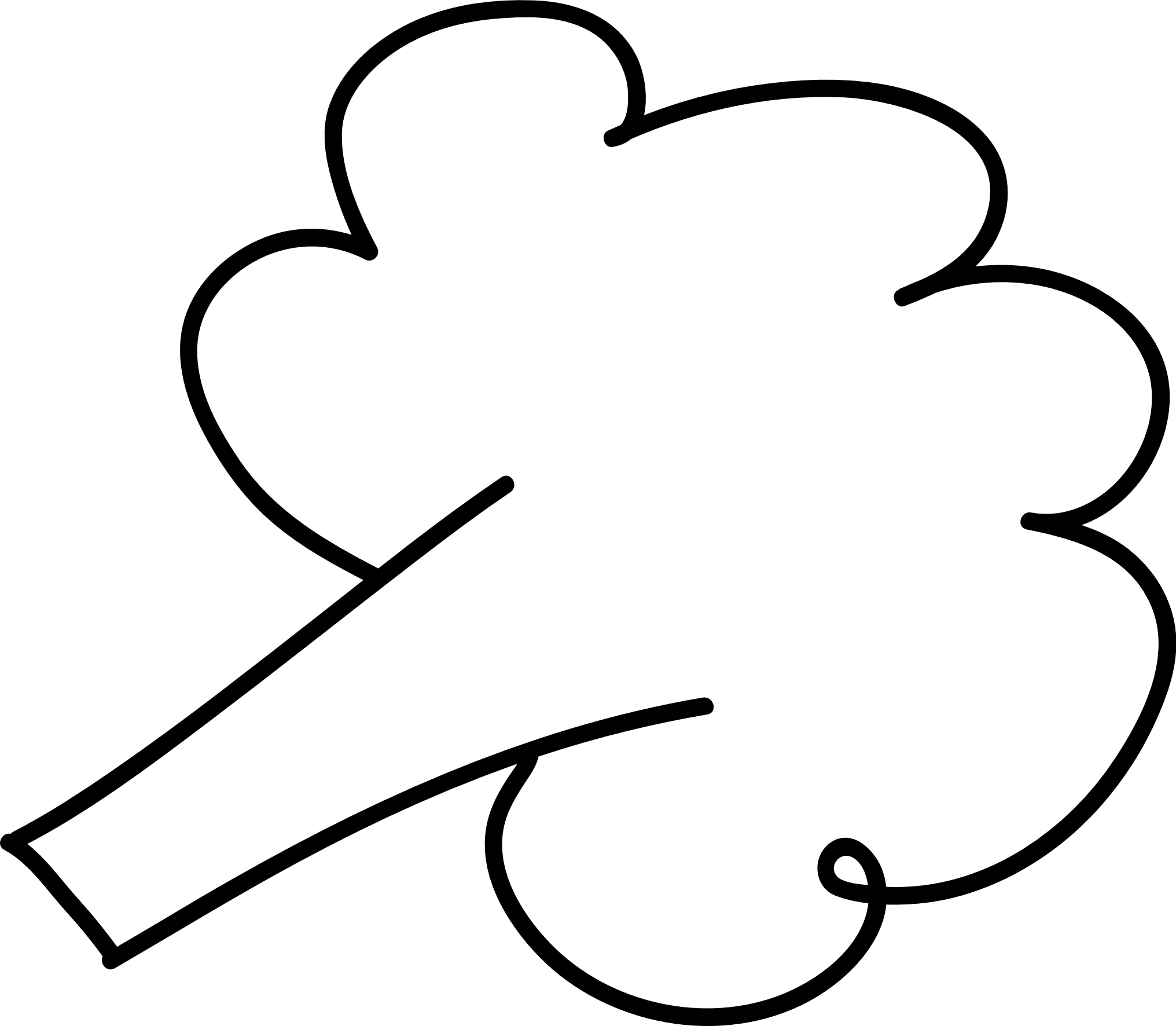
# Healthy Rewards



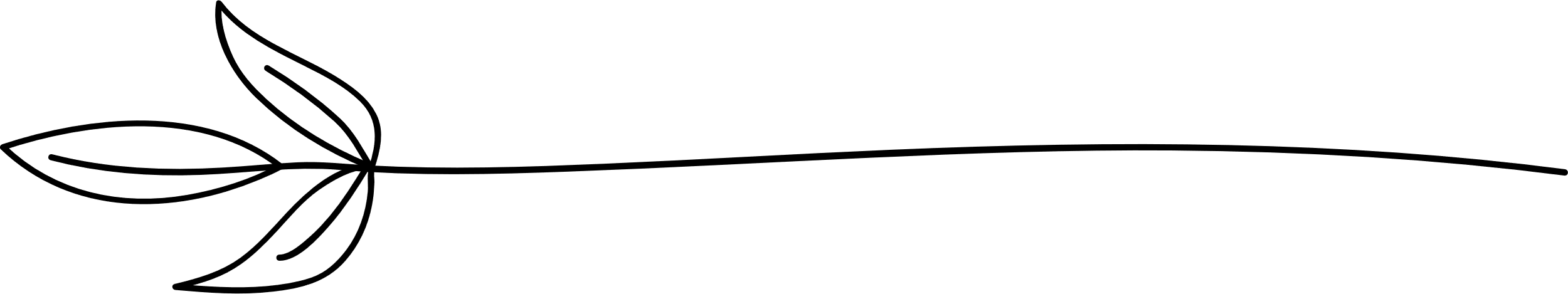
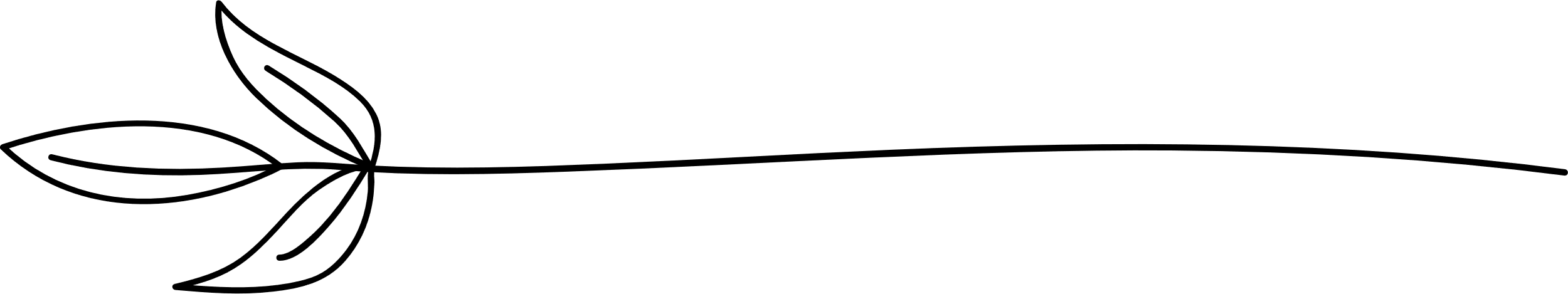
|  |  |  |
| --- | --- | --- |
| Start |  | Stage 1 |
|  |
|  |
|  |  | Stage 3 |
| Finish |  |  |



|  |  |
| --- | --- |
|  | Stage 2 |
|  | Stage 4 |



# Nutrition Goals



|  |  |  |
| --- | --- | --- |
|  | Goals Group 1 |  |
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| --- | --- | --- | --- | --- | --- | --- |
|  | Goals Group 2 |  |  |  | Goals Group 3 |  |
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| --- | --- | --- |
|  | Goals Group 4 |  |
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