Monday	HEALY Plastic Surgery YOUR PARTNER IN THE PURSUIT OF PERFECTION	Patient:
Date: FOOD	BEVERAGES	
Breakfast		Water Intake:
Lunch		Activity/Exercise:
Dinner		Amount of Time:
Snacks		Energy/Mood:
Tuesday Date: FOOD	BEVERAG	EES
Breakfast		Water Intake:
Lunch		Activity/Exercise:
Dinner		Amount of Time:
Snacks		Energy/Mood:

Wednesday

HEALY

Plastic Surgery

YOUR PARTNER IN THE PURSUIT OF PERFECTION

	Date:		
	FOOD	BEVERAGES	
Breakfast			Water Intake:
Lunch			Activity/Exercise:
Dinner			Amount of Time:
			Energy/Mood:
Snacks			
Tr	nursday Date:		
	FOOD	BEVERAGES	
Breakfast			Water Intake:
Lunch			Activity/Exercise:
Dinner			Amount of Time:
			Energy/Mood:
Snacks			

	HEALY Plastic Surgery	
Friday	Plastic Surgery YOUR PARTNER IN THE PURSUIT OF PERFECTION	
Date: FOOD	BEVERAGES	
Breakfast		Water Intake:
Lunch		Activity/Exercise:
Dinner		Amount of Time:
		Energy/Mood:
Snacks		
Saturday Date:	BEVERAGES	
Breakfast		Water Intake:
Lunch		Activity/Exercise:
Dinner		Amount of Time:
		Energy/Mood:
Snacks		

Sunday	
Date:	

Appointment



	FOOD	BEVERAGES	3
Breakfast			Water Intake:
Lunch			Activity/Exercise:
Dinner			Amount of Time:
Snacks			Energy/Mood:
1	This Weeks Weig Next Weeks Goal Weig		
Next	Weeks Reccomenda	ations:	
	Reduce Alcohol	Minimize Carbs	Increase Activity
	Reduce Soft Drinks	Increase Protein	Reduce Processed Foods
	Reduce Caffeine	Increase Fiber	Eat Slower
	Increase Water	Reduce Calories	Eat Smaller Meals
	Next		