Weekly Record Sheet

									Ounces	Minutes	Current	Weight
Week 1	S	S	S	<u>s</u>	S	S	S	S	Water	Exercise	Weight	Loss
Wednesday			-	 		-						
Thursday												
Friday	1						1					
Saturday	1											
Sunday												
Monday	1				1		1					
Tuesday							1					
Weekly Total												
<u> </u>												
									Ounces	Minutes	Current	Weight
Week 2	S	S	S	S	<u>s</u>	<u>s</u>	S	S	Water	Exercise	Weight	Loss
Wednesday		 					 					
Thursday												
Friday	1						1					
Saturday												
Sunday	1	1										
Monday	1	1										
Tuesday												
,												
									Ounces	Minutes	Current	Weight
Week 3	S	S	S	S	S	S	S	S	Water	Exercise	Weight	Loss
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
Monday												
Tuesday												
									Ounces	Minutes	Current	Weight
Week 4	<u>S</u>	S	S	<u>S</u>	<u>S</u>	S	<u>S</u>	S	Water	Exercise	Weight	Loss
Wednesday												
Thursday												
Friday												
Saturday												
Sunday			1	1		1						
Monday												
Tuesday		1	1	1		1						
,		1	1	1		1			1			