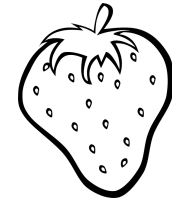











weekly "You" Diary



courtesy of **Your Path To Living Well**

	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
water							
Exercise							
	mins	mins	mins	mins	mins	mins	mins
weight				lbs			