

Healthy Weight

Weight:
BMI:
Waist Circumference:

Secondary Choices

1. Eating every three hours
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



90 days

60 days

30 days

Current Reality

Weight:
BMI:
Waist Circumference: