



Toronto Weight Loss and Wellness Clinic

DATE _____

Breakfast	<input type="text"/>
Snack	<input type="text"/>
Lunch	<input type="text"/>
Snack	<input type="text"/>
Dinner	<input type="text"/>
Snack	<input type="text"/>

Daily vegetable intake
(1 box = 1 cup) ☐ ☐ ☐ ☐ ☐ ☐

Daily protein intake
(1 box = 8oz or
1 protein shake) ☐ ☐ ☐

Daily Fruit Intake
(1 box = 1/2cup) ☐ ☐

Water intake per glass ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Daily Exercise

Daily Challenge

Symptoms



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Symptoms