



PLEASE SEND YOUR FOOD LOG TO:
 MAINTENANCE@PROLEANWELLNESS.COM EVERY
 MONDAY MORNING.

480-477-6334

skype ID: Brenda@proleanwellness.com

NAME:	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	EXERCISE	WEEKLY GOALS
DATE:	Sunday							
WEIGHT:		Monday						
QUESTIONS FOR THE NUTRITIONIST:			Tuesday					
		Wednesday						
	Thursday							
	Friday							
	Saturday							

NOTES: