Symply TOO GOOD TO BE TRUE®

Symply WITH YOU MENTORING

DAY _____ DATE ____ / ____ / ____

QTY/WGT	*Breakfast*	Fats	Calories
	Lunch		
	Dinner		
	Snacks		
Totals			

Water **Fruit** **Veg/Salad**

My exercise for today _____

How woud I rate today? (circle one) Outstanding | Good | Average | Lost the plot

Why? _____

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