

Envision Weight Loss Center

Weekly Food Log

Name: _____ # of Meal Replacements per day: _____ Week : _____

Day							
Breakfast	Time:	Time	Time	Time	Time	Time	Time
Mid - Morning	Time	Time	Time	Time	Time	Time	Time
Lunch	Time	Time	Time	Time	Time	Time	Time
Mid - Afternoon	Time	Time	Time	Time	Time	Time	Time
Dinner	Time	Time	Time	Time	Time	Time	Time
Evening	Time	Time	Time	Time	Time	Time	Time
Multivitamin Taken	YES / NO	YES / NO	YES / NO	YES / NO	YES / NO	YES / NO	YES / NO
Exercise Activity₂							

NOTE: Do not skip the supplements/meal replacement, as this will rob you of vital nutrition that your body needs on a daily basis. Skipping the supplement will not help you lose weight faster! The meal plans and products have been designed for safe, effective weight loss. Remember that the program works if you work the program.

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Mid - Afternoon	Time	Time	Time	Time	Time	Time	Time
Dinner	Time	Time	Time	Time	Time	Time	Time
Evening	Time	Time	Time	Time	Time	Time	Time
Water Intake¹ & Multivitamin Taken	○○○○○○○○ YES / NO	○○○○○○○○ YES / NO	○○○○○○○○ YES / NO	○○○○○○○○ YES / NO	○○○○○○○○ YES / NO	○○○○○○○○ YES / NO	○○○○○○ ○○ YES / NO
Exercise Activity²							

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