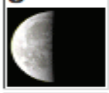
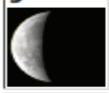
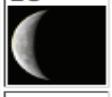
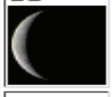
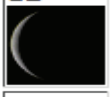
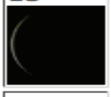
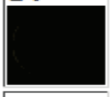
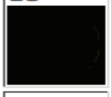
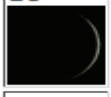
Jan 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 	9 
10 	11 	12 	13 	14 	15 	16 
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

My BMI=_____ Average Lbs =_____

Moon Calendar Short Keys

S = Spotting P = Period X = Sex

Daily Short Keys

Exercise:
S = Stretch
W=Walk
R=Run

Bm:
N=None
Sm=Small
Md=Medium

Food:
N=None
Ltl=Little
Md=Medium
Lts=Lots
TM=Too Much

Your Personal Short Keys

__=_____ ___=_____ ___=_____
__=_____ ___=_____ ___=_____
__=_____ ___=_____ ___=_____

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Day	Lbs	Exercise	BM	Sleep	H2O	Fruit	Veggies	Protein	Carbs	Overall - I feel	I Spent Today
1	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
2	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
3	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
4	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
5	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
6	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
7	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
8	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
9	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
10	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
11	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
12	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
13	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
14	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
15	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
16	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
17	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
18	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
19	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
20	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
21	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
22	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
23	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
24	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
25	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
26	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
27	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
28	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
29	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
30	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
31	___	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____