Laura Rebecca Silverman Week End 10/1/2007

0.0

Calculated Weight Loss

149.9

Week Starting Weight

Week's Daily Maintenance Calories	14	9.9 649	Average Weekly Weight	149.5		
Average Net Daily Calories		16.0	Week Weight Loss	0.4	- 1	
Week's Maintenance Weight		6.9	Total Weight Loss	208.5	9	
Weekly Vegetables	2	28	Weekly Fruits	5		No. of the last of
Total Weekly Exercise Calories	6	75	TTL Fruits & Veggies Combined:	33		
BMI Index = Overweight			BMI	24.9		
Date	Food Calories	nated Exercise Calories	Food	Exercise	Plan Calories	Comments
Tuesday 9/25/2007 Today's Weight - 150.0 Today's Maintenance Weight-184.1	180 125	f	Specie	una al K w/ ed Apple		Number of Vegetables - 3 Number of Fruits - 1 Breakfast
Today's Maintenance Weight - 104.1	123	Į.	Спорре	ей Арріе Т		DIEGNIUSI
	100 120 110		Salm 5 Ak Mal	Irkey Ion on k Crackers		
	280		Rye	Bread		Snack
	300	100	Pita x 2	Spicy Roll Slimmons		Lunch
	100		Egg White Salad			Casali
	240 110	V.V.V	TJ's Smoked Salmon Salad	k Crackers		Snack
Nectarines & Pluocts	110		IDM AA C	r Grackers		Dinner
	-					
Daily Total	2125	100				Before Bed
Net Daily Total)25			0	
Wednesday			Very III - No Food Records	P		Number of Vegetables - 5
9/26/2007						Number of Fruits - 0
Today's Weight — 150.0						Plan
AND AND ADDRESS OF THE PARTY OF						Breakfast
CONT.						
						Snack
						Snack Dinner
Strawberry Guy!						
Daily Total						Before Bed
Net Daily Total					0	
Thursday 9/27/2007 7oday's Weight - 149.0 Today's Maintenance Weight-132.3	170 160 800	150 v.v.v	2 "Pam" Fried Eggs on TJ's Pita Bread 4 Cups Cous Cous over 8 hours TJ's Smoked Salmon Salad	P Hand Scrub Tile Floor		Number of Vegetables - 3 Number of Fruits - 1 Plan Breakfast
	125	f	Peeled Costco Granny Apple			Snack
	110		5 Ak Mak Crackers			Lunch Snack
						D.
Asian Vegetables						Dinner
Daily Total	1605	150				Before Bed
Net Daily Total		55			0	
Friday	140		Sardines on	P		Number of Vegetables - 4
9/28/2007	110		5 Ak Mak Crackers w/			Number of Fruits – 1
Today's Weight — 150.0 Today's Maintenance Weight—132.3	50 125	f	Sliced Tomato Peeled Granny Apple			Plan Breakfast
VICENTIAL DESCRIPTION OF THE PERSON OF THE P	470		5 (0)			Count
TOMATORS	170 160		Eggs (2) on TJ's Pita			Snack
\$3º16	100		IJ S PILO			Lunch
	300	V,V,V	3 Cups Mixed Veggies & Shellfish in			

Laura Rebecca Silverman Week End 10/1/2007

Week Starting Weight	14	9.9	Calculated Weight Loss	0.0		
Week's Daily Maintenance Calories		549	Average Weekly Weight	149.5		
Average Net Daily Calories		16.0	Week Weight Loss	0.4		
Week's Maintenance Weight	14	6.9	Total Weight Loss	208.5		
Weekly Vegetables		28	Weekly Fruits	5		
Total Weekly Exercise Calories		75	TTL Fruits & Veggies Combined:	33	e.	
BMI Index = Overweight	•	7.5	BMI	→ 24.9	1	
DWI IIIdex - Overweight	Entin	nated	DIWII	24.5		
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	Ē ġ	Comments
Dute	100	Culones	Thai Ginger-Scallion Stir Fry Sauce over	Exercise		Confinence
	300		1.5 Cups Cous Cous			
			·			Snack
West-Pe Dest Terretors						Name
World's Best Tomatoes						Dinner
Daily Total	1455	l55			0	Before Bed
Net Daily Total Saturday	170	100	Eggs (2) on	P	0	Number of Vegetables – 6
9/29/2007	160		TJ's Pita w/			Number of Fruits – 2
	50	٧	Sliced Tomato			
Tade J. W.S.L. 450.0						Dian
Today's Weight — 150.0 Today's Maintenance Weight—139.1	220		Ak Mak Crackers			Plan Breakfast
Today 3 maintendifice neight 133.1	220	225	THE WORK CHUCKETS	Slimmons		
STATE OF THE PARTY	400		Ralphs S;picy Salmon Roll			
	90	f	Small Granny Apple			Snack
	200		3 Cups Mixed Vegetables & Seafood over			Lunch
	200	V.V.V	1 Cup Cous Cous			Luicii
The second second						
	125	٧.٧	Air Popcorn			
	90	f	C			Snack
Amazing Carrots	90		Small Granny Apple			Dinner
rundzing darrota	50		1/4 Cup Cous Cous			
			, .			
D-11. T-1-1	1700	005				Defece Ded
Daily Total Net Daily Total	1755	225			0	Before Bed
Net Daily Total Sunday		225 530	Scrambled Eggs (3)		0	Before Bed Number of Vegetables – 7
Net Daily Total Sunday 9/30/2007	15		Scrambled Eggs (3) Onion & Mushrooms		0	Number of Vegetables – 7 Number of Fruits – 0
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50	v	Onion & Mushrooms		0	Number of Vegetables — 7 Number of Fruits — 0 Plan
Net Daily Total Sunday 9/30/2007	255	v v	Scrambled Eggs (3) Onion & Mushrooms Cracker Jack	Walk 5000 @ Valvermo Abbey	0	Number of Vegetables – 7 Number of Fruits – 0
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50	v	Onion & Mushrooms	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400	v v 200	Onion & Mushrooms Cracker Jack Vegetarian Wrap	Walk 5000 ⊕ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400 500	v v 200	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400 500 200 50	v v 200 v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400 500 200 50 150 50	v v 200	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400 500 200 50 150	v v 200 v v v.v.v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400 500 200 50 150 50	v v 200 v v v.v.v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0	255 50 400 500 200 50 150 50	v v 200 v v v.v.v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch
Net Daily Total Sunday 9/30/2007 Today's Weight – 148.0 Today's Maintenance Weight–146.8	255 50 400 500 200 50 150 50	v v 200 v v v.v.v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 9/30/2007 Today's Weight – 148.0 Today's Maintenance Weight–146.8	255 50 400 500 200 50 150 50	v v 200 v v v.v.v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0 Today's Mointenance Weight—146.8	255 50 400 500 200 50 150 50 160	V 200 V V.V.V V.	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner
Net Daily Total Sunday 9/30/2007 Today's Weight – 148.0 Today's Maintenance Weight–146.8 Texas Sweet Onions Daily Total	255 50 400 500 200 50 150 50 160	v v 200 v v v.v.v	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey	0	Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0 Today's Maintenance Weight—146.8 Texas Sweet Onions Daily Total Net Daily Total Monday	255 50 400 500 200 50 150 50 160	v 200 v v.v.v v.	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey		Number of Vegetables - 7 Number of Fruits - 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 0
Net Daily Total Sunday 9/30/2007 Today's Weight — 148.0 Today's Maintenance Weight—146.8 Texas Sweet Onions Daily Total Net Daily Total Monday 10/1//2007	255 50 400 500 200 50 150 50 160	v 200 v v.v.v v.	Onion & Mushrooms Cracker Jack Vegetarian Wrap Grilled Orange Roughy w/ Orange Chili Garlic Sauce Baked Potato Tomato	Walk 5000 @ Valyermo Abbey		Number of Vegetables — 7 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 0 Number of Fruits — 0
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