Laura Rebecca Silverman Week End 7/16/2007

W O						
Week Starting Weight Week's Daily Maintenance Calories		9.0	Calculated Weight Loss	0.0		
Average Net Daily Calories		639 60.0	Average Weekly Weight Week Weight Loss	148.9 0.1		
			•			
Week's Maintenance Weight		0.9	Total Weight Loss	209.1		
Weekly Vegetables	2	!8	Weekly Fruits	12		
Total Weekly Exercise Calories	11	20	TTL Fruits & Veggies Combined:	40		
BMI Index = Overweight			BMI	24.8		
	Fetir	nated			ς,	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	⊸ ġ	Comments
Tuesday	50	Culones		Sugar		Number of Vegetables – 3
7/10/2007	30	50	Brown	Short Alley Walk		Number of Vegetables – 3 Number of Fruits – 4
Today's Weight - 148.0	310		Eggs (2) on Habenero & S	Sun Dried Tomato Tortilla w.		Plan
Today's Maintenance Weight-136.4	45	٧		ons, Tomato, & Sprouts		Breakfast
SEASON NO.	100	f	Chili	Mango		
		400		W II 0700 C		Snack
	250	100	Cround Turk	Walk 2300 Steps ey on Bagette		Lunch
	180	f.f	2.5 Cuns Fre	sh Blackberries		Luici
	100		2.0 0400 110	I Blackberries		
	190	٧.٧	Tomato, Scallion, Mixed Greens, & Mu	ı shrooms on Sun Dried Tomato & Habenero	Tortilla	
Harris Control of the						
	150	f	Dried Co	anberries		
	75.	225		Slimmons		Snack
Nectorings & Diverte	350 250			na & Avacado Roll		Dinner
Nectarines & Pluocts	250		2 IB Choc	colate Chips T		Dinner
					1	
Daily Total	1875	375				Before Bed
Net Daily Total	15	00			0	
Wednesday	240		TJ's Salmon Salad			Number of Vegetables — 2
7/11/2007						Number of Fruits – 3
Today's Weight - 148.0	1000		Cookie Dough			Plan
Today's Maintenance Weight-203.6						Breakfast
0000	1000		Assorted	lother crap		
	1000			ushi		Snack
				okies		
				nips		Lunch
			wate	rmelon		
				tarine		
				ear		Const.
THE PARTY OF THE P			Dried Ci	anberries		Snack
						Dinner
Strawberry Guy!						
Daily Total	2240					Before Bed
Net Daily Total	22	40	5 (0)		0	
Thursday 7/12/2007				Sun Dried Tomato Tortilla w. ons, Tomato, & Sprouts	1	Number of Vegetables – 3
7/12/2007 Today's Weight - 150.0		٧	Musnrooms, Green Uni	uns, romato, & Sprouts		Number of Fruits — 1 Plan
roddy's meight - 130.0			lost track of food. Make	lan tomorrow & stick with it.	1	Breakfast
			Look dask of food Make	Serior of the other man its		
			1			
						Snack
						Lunch
					1	
						Snack
46000						
Asian Vegetables						Dinner
Daily Tatal					1	Before Bed
Daily Total Net Daily Total					0	perore peu
Friday	310		Eaas (2) on Habenero & :	I Sun Dried Tomato Tortilla w.	V	Number of Vegetables - 5
7/13/2007	45	٧		ons, Tomato, & Sprouts		Number of Fruits – 1
Today's Weight - 150.0						Plan
Today's Maintenance Weight-165.0	880		Pretzels	s – 8 oz		Breakfast
					310	Eggs (2) on Habenero & Sun Dried Tomato
THE RESERVE OF THE PARTY OF THE	260		Deli Turkey on R	osemary Brad w/	45	Mushrooms, Green Onions, Tomato, & Sp
VINE RIPE TOMATOES	45	٧	Tomato, Oni	on, & Sprouts	75	Snack Peach
TO THE REAL PROPERTY.	75	f	D _e	ach	13	Lunch
	13	'	1	Y Table 1	ļ	

Laura Rebecca Silverman Week End 7/16/2007

Calculated Weight Loss Average Weekly Weight

Week Starting Weight Week's Daily Maintenance Calories 149.0 1639

Average Net Daily Calories		50.0	Week Weight Loss	0.1	1 1	The state of the s
			· •		-	
Week's Maintenance Weight	150.9		Total Weight Loss	209.1	-	
Weekly Vegetables	28		Weekly Fruits	12		
Total Weekly Exercise Calories	11	20	TTL Fruits & Veggies Combined:	40		
BMI Index = Overweight			BMI 24.8			
	Fstin	nated			S	
Date	Food Calories	Exercise Calories	Food	Exercise	Plan Calories	Comments
	200	V.V.V	Beet, Turnip, Scallion, Pasta, &	Mixed Green Salad w/ Dressing	260 45 90	Deli Turkey on Rosemary Brad w/ Tomato, Onion, & Sprouts Apple
World's Best Tomatoes						Snack Strawberroes w Yogurt-Honey Dressing Dinner
					200 75 175	Mustard Salmon Steamed Broccoli Baked Potato w/ Lemon Juice & Parmesan
Daily Total	1815				125	Before Bed
Net Daily Total		315			1400	Popcorn
Saturday	50	٧	Beet, Turnip, Scall	ion, & Pasta Salad		Number of Vegetables — 6
7/14/2007	100			ry Toast		Number of Fruits - 2
		50		Short Alley Walk		
Today's Weight — 150.0	180		Yogurt v	y/ Honey		Plan
Today's Maintenance Weight-124.1		225		Slimmons		Breakfast
	200	V.V.V		Mixed Green Salad w/ Dressing	1	
	40	f		lvet Plum		
	260			Ak Mok Crackers		Snack
	50		Deli 1	Turkey		
	100		_	.		Lunch
The second second	120		Rosemo	ry Toast		
	000		W. 10 (1 01, D	r / o our o r o		
	260 180	٧.٧		coli w/ Orange-Chili-Garlic Sauce v/ Honey		Snack
	150			CC		SHUCK
Amazing Carrots	130					Dinner
Amazing Carrots	50	f	Straw	L berries		Diffici
	30	'	Strum	Derries		
l						
D-11. T-1-1	1640	275			_	Before Bed
I Daily Total						
Daily Total Net Daily Total					0	Derote Ded
Net Daily Total Sunday		665 V	Beet, Turnip, Scall	ion, & Pasta Salad	0	
Net Daily Total Sunday 7/15/2007	13	365		ion, & Pasta Salad	0	Number of Vegetables – 4 Number of Fruits – 1
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0	13	365	Dried Chili P	owder Mango	0	Number of Vegetables – 4
Net Daily Total Sunday 7/15/2007	13	865 V	Dried Chili P		0	Number of Vegetables – 4 Number of Fruits – 1
Net Daily Total Sunday 7/15/2007 Today's Weight — 148.0	50	865 V	Dried Chili P	owder Mango	0	Number of Vegetables — 4 Number of Fruits — 1 Plan
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0	50	865 V	Dried Chili P Sardines on 5	owder Mango	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight — 148.0	50 260 750	865 V	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast	owder Mango	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight — 148.0	13 50 260 750 120	865 V	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken	owder Mango	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0	750 260 750 120 150 95	665 V	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob	owder Mango	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0	13 50 260 750 120	665 V f	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken	owder Mango Ak Mok Crackers	0	Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60	v v v 170	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tornato	owder Mango	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3	13 50 260 750 120 150 95 60	665 V f	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob	owder Mango Ak Mok Crackers	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60	v v v 170	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tornato	owder Mango Ak Mok Crackers	0	Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3	13 50 260 750 120 150 95 60	v v v 170	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob	owder Mango Ak Mok Crackers	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3	13 50 260 750 120 150 95 60	v v v 170	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob	owder Mango Ak Mok Crackers	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3	13 50 260 750 120 150 95 60	v v v 170	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob	owder Mango Ak Mok Crackers	0	Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack
Net Daily Total Sunday 7/15/2007 Today's Weight - 148.0 Today's Maintenance Weight-137.3	13 50 260 750 120 150 95 60 95 100	665 v f v v v 170	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips	owder Mango Ak Mok Crackers Wakk 4000 Steps per Pedometer	0	Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch Snack Dinner
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday	13 50 260 750 120 150 95 60 95 100 1680 1580 290	v v v 170 v	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toost Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Source	wder Mango k Mok Crackers Wakk 4000 Steps per Pedometer Jough w/ Tornato & Onion		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007	13 50 260 750 120 150 95 60 95 100	665 v f v v 170 v 170 v	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toost Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Source	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 0
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 1580 290 300	665 f v v 170 170 170 50	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourc Chocolate	wder Mango k Mok Crackers Wakk 4000 Steps per Pedometer Jough w/ Tornato & Onion		Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 0 Plan
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007	13 50 260 750 120 150 95 60 95 100 1680 1580 290	665 v f v v 170 v 170 v	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toost Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Source	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 0
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 1680 290 300	665 f v v 170 170 170 50	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourd Chocolo Sharkey's Naked Chicken Enchiada	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 0 Plan
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 290 300 450	665 y f v v v 170 v 170 v 50 v,v	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourd Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 1680 290 300 450	665 y f v v 170 170 170 v 50 v.v	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourd Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables - 4 Number of Fruits - 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 0 Plan
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 290 300 450	665 y f v v v 170 v 170 v 50 v,v	Dried Chili P Sardines on 5 Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourd Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 290 300 450 280 100 50	665 y f v v 170 170 170 v 50 v.v	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourc Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 1680 290 300 450	565 y f v v 170 170 170 170 v 50 v,v v	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourd Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 15 290 300 450 280 100 50	665 y f v v 170 170 170 v 50 v.v	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Soura Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 290 300 450 280 100 50	565 y f v v 170 170 170 170 v 50 v,v v	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Sourc Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 15 290 300 450 280 100 50	565	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Soura Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast Snack Lunch
Net Daily Total Sunday 7/15/2007 Today's Weight – 148.0 Today's Maintenance Weight–137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight – 148.0	13 50 260 750 120 150 95 60 95 100 1680 15 290 300 450 280 100 50	565	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Soura Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast Snack Lunch
Net Daily Total Sunday 7/15/2007 Today's Weight — 148.0 Today's Mointenance Weight—137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight — 148.0 Today's Weight — 148.0	13 50 260 750 120 150 95 60 95 100 1680 15 290 300 450 280 100 50	565	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Soura Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Snack Snack
Net Daily Total Sunday 7/15/2007 Today's Weight — 148.0 Today's Mointenance Weight—137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight — 148.0 Today's Weight — 148.0	13 50 260 750 120 150 95 60 95 100 1680 15 290 300 450 280 100 50	565	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Soura Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Snack Snack
Net Daily Total Sunday 7/15/2007 Today's Weight - 148.0 Today's Maintenance Weight-137.3 Texas Sweet Onions Daily Total Net Daily Total Monday 7/16/2007 Today's Weight - 148.0 Today's Maintenance Weight-139.1	13 50 260 750 120 150 95 60 95 100 1680 15 290 300 450 280 100 50	565	Sourdough /w Deli Turkey Sourdough /w Deli Turkey Sourdough Toast Grilled BBQ Chicken Corn on Cob 1 Sliced Heirloom Tomato Corn on Cob 1 TB Chocolate Chips Sockeye Salmon on Soura Chocolate Sharkey's Naked Chicken Enchiada Deli Turkey on Sourdough Corn on Cob Heirloom Tomato w/ D ressing	wakk 4000 Steps per Pedometer Wakk 4000 Steps per Pedometer Jough w/ Tomato & Onion te Chips Short Alley Walk with Dogs		Number of Vegetables — 4 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Snack Snack

Laura Rebecca Silverman Week End 7/16/2007

Week Starting Weight Week's Daily Maintenance Calories	16	39	Calculated Weight Loss Average Weekly Weight	0.0 148.9	1	
Average Net Daily Calories Week's Maintenance Weight			Week Weight Loss Total Weight Loss	0.1 209.1		
Weekly Vegetables	2	18	Weekly Fruits	12		
Total Weekly Exercise Calories 1120		TTL Fruits & Veggies Combined:	40			
BMI Index = Overweight			BMI	24.8		
	Estin	nated			l es	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	ರ	Comments
Net Daily Total	1530				0	