







Week Starting Weight	148.9	Calculated Weight Loss	-0.3
Week's Daily Maintenance Calories	1638	Average Weekly Weight	149.1
Average Net Daily Calories	1800.0	Week Weight Loss	-0.2
Week's Maintenance Weight	163.6	Total Weight Loss	208.9
Weekly Vegetables	21	Weekly Fruits	15
Total Weekly Exercise Calories	960	TTL Fruits & Veggies Combined:	36

BMI Index = Overweight BMI 24.9

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 7/10/2007	380	v,v	Eggs on Sourdough w/ Tomato & Onion & Mushroom			Number of Vegetables - 4
Today's Weight - 148.0	300		Deli Turkey on Sourdough			Number of Fruits - 4
Today's Maintenance Weight-139.5	75	f	Peach			Plan
	260		Sardines on 5 Ak Mok Crackers			Breakfast
	50	f	Pluot			Snack
		160		Walk 3933 per Pedometer		
	235		Turkey on Sourdough			Lunch
	300	f,f	Dried Mangos & Cranberries			
		150		Slimmons		
	125	v,v	Popcorn			Snack
	120		Sourdough Toast			Dinner
Daily Total	1845	310				Before Bed
Net Daily Total		1535			0	
Wednesday 7/11/2007	75	f	Nectarine			Number of Vegetables - 4
Today's Weight - 149.0	360	v	Eggs w. Tomato, onion, & Sprouts on Rosemary Bread	Short Alley Walk		Number of Fruits - 2
Today's Maintenance Weight-148.2						Plan
	280		Special K w/ Brown Sugar			Breakfast
	310	v	Subway Oven Roasted Chicken Sandwich, no mayo, oil, or cheese			Snack
	75	f	Peach			Lunch
	260		Sardines on 5 Ak Mok Crackers			
	100	v	Green Beans w/ California Mustard Seed Dressing			Snack
	200	v.	Steamed Red Potato w/ California Mustard Seed Dress			Dinner
	20		Hot & Sour Soup			
Daily Total	1680	50				Before Bed
Net Daily Total		1630			0	
Thursday 7/12/2007	220		Rosemary Bread w/ Country Crock			Number of Vegetables - 2
Today's Weight - 150.0	220	v,v	Scrambled Eggs (2) w/ Squash Blossom, Onion, & Oyster Mushroom			Number of Fruits - 1
Today's Maintenance Weight-155.0	80	50		Short Alley Walk		Plan
	75	f	Rosemary Bread			Breakfast
	115		Peach	P		
			5 Ak Mok Crackers			Snack
	300		Gelsons Sushi - Spicy Tuna Hand Roll			
	300		Gelsons Sushi - Nigiri			
	115		5 Ak Mok Crackers			
	75	v	Tomato w/ Dressing			Lunch
		150		Slimmons		
	250		1 Slice Richard's B'day Cake			
	80		1 Roll			Snack
Asian Vegetables	75	v	Tomato w/ Dressing			Dinner
Daily Total	1905	200				Before Bed
Net Daily Total		1705			0	
Friday 7/13/2007		50		Short alley Walk		Number of Vegetables - 2
Today's Weight - 148.0	360	v	Eggs (2) on Rosemary Bread w/ Tomato, Onion, & Sprout			Number of Fruits - 1
Today's Maintenance Weight-158.2						Plan
	260		Deli Turkey on Rosemary Bread			Breakfast
	50	f	Grapes			
	115		5 Ak Mok Cracker			Snack
	255		Sardines on 5 Ak Mok Crackers			Lunch
	250					
			Ginger Snaps @ Mom's			



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Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	500	v	Stupd Thai Food @ Mom's			Snack
World's Best Tomatoes						Dinner
Daily Total	1790	50				Before Bed
Net Daily Total	1740				0	
Saturday 7/14/2007	115		5 Ak Mok Crackers			Number of Vegetables – 2 Number of Fruits – 3
Today's Weight – 149.0	220		Sardines on Rosemary Bread			Plan
Today's Maintenance Weight–148.2	150	f	Grapes			Breakfast
	400	175	Bristol Farms Spicy Roll	Slimmons		
	50	f	Grapes			Snack
	260		Deli Turkey on Rosemary			Lunch
	150		English Muffin			
	200		Grilled Salmon			Snack
Amazing Carrots	125	v	Baked Potato w/ Worcestershire			
	75	v	Sliced Tomato w/ Honey Mustard Seed			Dinner
	60	f	Blueberries			
Daily Total	1805	175				Before Bed
Net Daily Total	1630				0	
Sunday 7/15/2007	200		Salmon – Grilled			Number of Vegetables – 3 Number of Fruits – 1
Today's Weight – 148.0	160	50	Sardines on Rosemary Bread	Short Alley Walk		Plan
Today's Maintenance Weight–255.5						Breakfast
	1000		Jewelry Party Cake / Cookies			Snack
	1500		Chinese w/ Wendy & Eric			Lunch
						Snack
						Dinner
Daily Total	2860	50				Before Bed
Net Daily Total	2810				0	
Monday 7/16/2007	120		Bagette			Number of Vegetables – 4 Number of Fruits – 3
Today's Weight – 152.0	100	50		Short Alley Walk		Number of Fruits – 3
Today's Maintenance Weight–140.9		f	Chili Mango			Plan
	240	v	TJ's Smoked Salmon Salad			Breakfast
	120		Rosemary Bread			
	75	f	Nectarine			Snack
	120		Black Licorice – 4 pieces			Lunch
	150	v	7.6 oz Baked Potato w. Lemon Juice, Parmesan, & Green Onion			
	100	V	Carrots			Snack
	50	F	Papaya–Mango Salsa			Dinner
	600	v	Weird Vietnamese Soup – Clear Broth, Shrimp, Crab, Undefined meat that I didn't eat, Rice Noodles, Vegetables.			
		75		Walk 1700 Steps		
Look what TURNIP ed!						Dinner
Daily Total	1675	125				Before Bed
Net Daily Total	1550				0	