



|                                   |        |                                |       |
|-----------------------------------|--------|--------------------------------|-------|
| Week Starting Weight              | 153.4  | Calculated Weight Loss         | 0.0   |
| Week's Daily Maintenance Calories | 1687   | Average Weekly Weight          | 151.4 |
| Average Net Daily Calories        | 1700.0 | Week Weight Loss               | 2.0   |
| Week's Maintenance Weight         | 154.5  | Total Weight Loss              | 206.6 |
| Weekly Vegetables                 | 41     | Weekly Fruits                  | 15    |
| Total Weekly Exercise Calories    | 1310   | TTL Fruits & Veggies Combined: | 56    |

BMI Index = Overweight

BMI 25.3

| Date  | Estimated        |                      | Food  | Exercise                                 | Plan<br>Calories | Comments                 |
|---|------------------|----------------------|---|--|------------------|--------------------------|
|   | Food<br>Calories | Exercise<br>Calories |   |  |                  |                          |
| Tuesday<br>8/21/2007  | 75               | v                    | Baked Zucchini                                  |  |                  | Number of Vegetables - 7 |
| Today's Weight - 151.0  | 80               |                      | Rosemary Toast                                  |  |                  | Number of Fruits - 2     |
| Today's Maintenance Weight-227.3  | 80               |                      | Rosemary Bread w/                               |  |                  | Plan                     |
|    | 100              | v                    | Tuna Salad                                      |  |                  | Breakfast                |
|   | 260              |                      | Sourdough w/ 1 oz Edam Cheese                   |  |                  | Snack                    |
|   | 100              | f                    | Peach   |  |                  | Lunch                    |
|   | 150              | v                    | 1/2 Yam   |  |                  |                          |
|   | 120              |                      | Rosemary Bread                                  |  |                  |                          |
|   | 220              |                      | 10 Ak Mok Crackers                              |  |                  | Snack                    |
|   | 150              | v                    | Corn Salsa                                      |  |                  | Dinner                   |
|   | 240              | v                    | TJ's Smoked Salmon Salad                        |  |                  |                          |
|   | 1000             | 225<br>v,f           | Asst'd Dried Fruit & Corn Salsa                 | Simmons                                  |                  |                          |
|   | 150              | v                    | Baked Eggplant                                  |  |                  | Before Bed               |
| Daily Total   | 2725             | 225                  |   |  |                  |                          |
| Net Daily Total   | 2500             |                      |   |  | 0                |                          |
| Wednesday<br>8/22/2007  | 50               | v                    | Baked Eggplant                                  |  |                  | Number of Vegetables - 6 |
| Today's Weight - 150.0  | 175              | v                    | Broccoli w/ 1/2 Cup Rice                        |  |                  | Number of Fruits - 1     |
| Today's Maintenance Weight-140.9  | 250              |                      | Sourdough                                       |  |                  | Plan                     |
|   | 240              | v                    | TJ's Smoked Salmon Salad                        |  |                  | Breakfast                |
|   | 400              | f                    | Chili Mango                                     |  |                  | Snack                    |
|   | 150              | v                    | Stuffed Chicken Tenderloin                      |  |                  | Lunch                    |
|   | 100              | v                    | Corn on Cob                                     |  |                  |                          |
|   | 75               | v                    | Broccoli w/ Orange-Chili-Garlic Sauce           |  |                  |                          |
|   | 200              |                      | Sourdough w/ Country Crock                      |  |                  | Snack                    |
|   |                  | 90                   |   | Walk 2111 per Pedometer                  |                  | Dinner                   |
|   |                  |                      |   |  |                  |                          |
|   |                  |                      |   |  |                  |                          |
|   |                  |                      |   |  |                  |                          |
| Strawberry Guy!   |                  |                      |   |  |                  |                          |
| Daily Total   | 1640             | 90                   |   |  |                  | Before Bed               |
| Net Daily Total   | 1550             |                      |   |  | 0                |                          |
| Thursday<br>8/23/2007   | 170              |                      | 2 Eggs w.                                       |  |                  | Number of Vegetables - 7 |
| Today's Weight - 152.0  | 20               | v                    | Sliced Tomato                                   |  |                  | Number of Fruits - 4     |
| Today's Maintenance Weight-162.3  | 20               | v                    | Onion   |  |                  | Plan                     |
|  | 10               |                      | Mushroom  |  |                  | Breakfast                |
|   | 50               | f                    | & Papaya Mango Salsa                            |  |                  |                          |
|   | 50               | f                    | Strawberries                                    |  |                  | Snack                    |
|   | 100              | f                    | Dried Fruit                                     |  |                  |                          |
|   | 150              |                      | Sourdough                                       |  |                  |                          |
|   | 100              |                      | Grated Cheese                                   |  |                  |                          |
|   | 30               | v                    | Tomato & Onion                                  |  |                  |                          |
|   | 50               | v                    | Beet Salad                                      |  |                  |                          |
|   | 150              |                      | Stuffed Chicken                                 |  |                  | Lunch                    |
|   | 600              |                      | Bristol Farms Spicy Tuna Bowl                   |  |                  |                          |
|   | 100              | f                    | Nectarine                                       |  |                  | Snack                    |
|   |                  | 100                  | Clean House, Shopping @ Beverly Center, Doctors |  |                  | Dinner                   |
|   |                  | 225                  |   | Simmons                                  |                  |                          |
|   | 110              |                      | 5 ak mak crackers                               |  |                  |                          |
|   | 150              | v                    | Potato w/ Papaya-Mango Salsa                    |  |                  |                          |
|   | 150              |                      | Rosemar Bread                                   |  |                  |                          |
|   | 100              | v,v                  | Beet Salad                                      |  |                  |                          |
|   |                  |                      |   |  |                  | Before Bed               |
|   |                  |                      |   |  | 0                |                          |
|   |                  |                      |   |  |                  |                          |
| Friday<br>8/24/2007   | 140              |                      | Sardines on                                     |  |                  | Number of Vegetables - 4 |
| Today's Weight - 153.0  | 110              |                      | 5 Ak mak Crackers                               |  |                  | Number of Fruits - 1     |
| Today's Maintenance Weight-151.4  | 240              |                      | 3 oz Sourdough                                  |  |                  | Plan                     |
|  | 100              | v                    | Broccoli w/ Orange-Chili-Garlic Sauce           |  |                  | Breakfast                |
|   | 75               | v                    | 1 Steamed Red Potato w/                         |  |                  | Snack                    |
|   | 50               | f                    | Papaya Mango Salsa                              |  |                  |                          |
|   | 50               | v                    | Beet, Turnip, & Carrot Salad                    |  |                  | Lunch                    |
|   |                  | 200                  |   | Walk 4600 Steps per Pedometer @ Foxfield |                  |                          |
|   | 300              |                      | Garlic Bread                                    |  |                  |                          |
|   | 200              |                      | Spaghetti                                       |  |                  | Snack                    |
|   | 100              |                      | Salad   |  |                  |                          |
|   | 400              |                      | Brownie   |  |                  | Dinner                   |
|   | 100              | v                    | Beet, Turnip, & Carrot Salad                    |  |                  |                          |



|   |                    |                                |  |  |  |
|---|--------------------|--------------------------------|--|--|--|
| Week Starting Weight  | 153.4              | Calculated Weight Loss         | 0.0  |  |  |
| Week's Daily Maintenance Calories   | 1687               | Average Weekly Weight          | 151.4  |  |  |
| Average Net Daily Calories  | 1700.0             | Week Weight Loss               | 2.0  |  |  |
| Week's Maintenance Weight   | 154.5              | Total Weight Loss              | 206.6  |  |  |
| Weekly Vegetables   | 41                 | Weekly Fruits                  | 15   |  |  |
| Total Weekly Exercise Calories  | 1310               | TTL Fruits & Veggies Combined: | 56   |  |  |
| BMI Index = Overweight  |                    | BMI → 25.3                     |  |  |  |
| Date  | Estimated          |                                | Food   | Exercise   |  |
|   | Food<br>Calories   | Exercise<br>Calories           |  |  |  |
| Daily Total   | 1865               | 200                            |  |  |  |
| Net Daily Total   | 1665               |                                |  |  |  |
| Saturday  | 140                |                                | Sardines on  |  |  |
| 8/25/2007   | 110                |                                | 5 Ak Mak Crackers  |  |  |
| Today's Weight - 154.0  | 50                 | v                              | Heirloom Tomato  |  |  |
| Today's Maintenance Weight-99.1   | 50                 | f                              | Mango-Papaya Salsa   | Simmons  |  |
|    |                    | 250                            |  |  |  |
|   | 350                |                                | Bristol Farms Spicy Tuna Hand Roll   |  |  |
|   | 150                | f                              | Granny Apple - X Lg  |  |  |
|   |                    |                                |  |  |  |
|   | 110                |                                | 5 Ak Mak Crackers  |  |  |
|   | 50                 | v                              | Beet Salad   |  |  |
|   |                    |                                |  |  |  |
|   | 75                 | v                              | 1 Steamed Potato   |  |  |
|   |                    | 100                            | v.v  | 2 Cups Mixed Veggies (Peppers, Celery, Onion, Scallion, Bok Choy) & Chicken w/ |  |
|   | Amazing Carrots    | 50                             |  | Orange-Chili-Garlic Sauce w.   |  |
|   | 100                |                                | 1/2 Cup Rice   |  |  |
|   | 125                | 120                            | 2858 Steps (Collins, Yolanda, Hatteras,  |  |  |
|   |                    |                                | Air Popcorn  |  |  |
|   |                    |                                |  |  |  |
| Daily Total   | 1460               | 370                            |  |  |  |
| Net Daily Total   | 1090               |                                |  |  |  |
| Sunday  | 100                | v.v                            | 2 Cups Mixed Veggies (Peppers, Celery, Onion, Scallion, Bok Choy) & Chicken w/ |  |  |
| 8/26/2007   | 50                 |                                | Orange-Chili-Garlic Sauce w.   |  |  |
| Today's Weight - 151.0  |                    |                                |  |  |  |
| Today's Maintenance Weight-154.1  | 80                 |                                | Rosemary Toast   |  |  |
|   |                    | 100                            |  | Farmers Market   |  |
|   | 180                |                                | Special K (1.5 Cups) w/  |  |  |
|   | 120                | f                              | Chopped Peeled Apple   |  |  |
|   |                    |                                |  |  |  |
|   | 120                |                                | Sourdough  |  |  |
|   |                    |                                |  |  |  |
|   | 250                |                                | Chicken Shwarma in   |  |  |
|   | 200                |                                | Pita w/  |  |  |
|   | 50                 | v                              | Parsley, Tomato, & Onion   |  |  |
|   | Texas Sweet Onions | 100                            | v.v  | 2 Cups Mixed Veggies (Peppers, Celery, Onion, Scallion, Bok Choy) & Chicken w/ |  |
|   | 50                 |                                | Orange-Chili-Garlic Sauce w.   |  |  |
|   | 100                |                                | 1/2 Cup Rice   |  |  |
|   | 125                | v                              | Air Popcorn  |  |  |
|   | 60                 |                                | Pluot  |  |  |
|   |                    |                                |  |  |  |
|   | 110                |                                | 5 Ak Mak Crackers  |  |  |
|   | 100                |                                | Steamed Cauliflower w/ Moondance Marinade.                                     |  |  |
| Daily Total   | 1795               | 100                            |  |  |  |
| Net Daily Total   | 1695               |                                |  |  |  |
| Monday  | 60                 | f                              | Pluot  |  |  |
| 8/27/2007   |                    |                                |  |  |  |
| Today's Weight - 150.0  | 140                |                                | Sardines on  |  |  |
| Today's Maintenance Weight-146.8  | 110                |                                | 5 Ak Mak Crackers  |  |  |
|  | 50                 | v                              | Heirloom Tomato  |  |  |
|   | 50                 | f                              | Mango-Papaya Salsa   |  |  |
|   |                    |                                |  |  |  |
|   | 120                | f                              | Peeled Apple   |  |  |
|   |                    |                                |  |  |  |
|   | 105                | v                              | 7 oz Steamed Potato w/   |  |  |
|   | 50                 | v                              | TJ's Corn Salsa  |  |  |
|   |                    |                                |  |  |  |
|   | 100                | v                              | Steamed Broccoli & Cauliflower w/ Orange-Chili-Garlic Sauce                    |  |  |
|   |                    |                                |  |  |  |
|   | 200                |                                | Deli Turkey on Rosemary Bread  |  |  |
|   |                    |                                |  |  |  |
|   | 150                |                                | Chicken Tenderloins stuffed w/   |  |  |
|   | 30                 | v                              | Tomato, Onion, Parsley, & Basil  |  |  |
|   | 50                 |                                | Brushed w/ Olive Oil and   |  |  |
| Look what TURNIP ed!  | 25                 |                                | Dusted w/ Parmesan Cheese  |  |  |
|   |                    |                                |  |  |  |
|   | 120                | f                              | Peeled Apple   |  |  |
|   |                    |                                |  |  |  |
|   | 150                |                                | Chicken Tenderloins stuffed w/   |  |  |
|   | 30                 | v                              | Tomato, Onion, Parsley, & Basil  |  |  |
|   | 50                 |                                | Brushed w/ Olive Oil and   |  |  |
|   | 25                 |                                | Dusted w/ Parmesan Cheese  |  |  |
| Daily Total   | 1615               |                                |  |  |  |
| Net Daily Total   | 1615               |                                |  |  |  |

