			Week End 9/17/2007				
Week Starting Weight	150.7			Calculated Weight Loss	-0.3		
Week's Daily Maintenance Calories Average Net Daily Calories	1658 1818.6			Average Weekly Weight Week Weight Loss	150.3 0.4		
Week's Maintenance Weight	165.3			Total Weight Loss	207.7		
Weekly Vegetables	165.3 28			Weekly Fruits	12		
Total Weekly Exercise Calories	1025			TIL Fruits & Veggies Combined: 40		ē.	
BMI Index = Overweight	IUZO			BMI	≥ 25.1		
Bill Index — Overheight	Estimated			DWI -	25.1	"	
	Food	Exercise	1			Plan Calories	
Date	Calories	Calories		Food	Exercise	r S	Comments
Tuesday	100				eal w/		Number of Vegetables - 0
9/11/2007 Today's Weight - 150.0	100 50	f			ed Berries & aw Sugar		Number of Fruits – 2 Plan
Today's Maintenance Weight-151.8	00			11811	ar sugui		Breakfast
	240				ough w/		
	120			Deli	Turkey T		Snack
	140			Sardi	nes on		
5/14/36/38 W	110			5 Ak Mal	k Crackers		Lunch
	600			Bristol Forms So	L icy Yellow Tail Roll		
		150		Briotor rumo op	Slimmons		
	120	f		Granny S	mith Apple		Const.
	240			Sour	<u> </u> dough		Snack
Nectarines & Pluocts				3001			Dinner
	-						
Daily Total	1820	150					Before Bed
Net Daily Total		70		F (0) 0		0	N. I. CV. III.
Wednesday 9/12/2007	170 25	٧		Eggs (2) Si	crambled w/ er Squash		Number of Vegetables — 8 Number of Fruits — 1
Today's Weight - 150.0	30	٧			Onion,		Plan
Today's Maintenance Weight-146.8	20	٧		Mushroom,	& Bok Choy		Breakfast
COMPANIES OF THE PARIES OF THE	140			Sardi	nes on		
	110				c Crackers		Snack
	040			T# 0 1 1			
	240	v,v 150		IJ's Smoked	Salmon Salad Walking: Massive Unproductive Shopping		Lunch
	140	100			ita		
	200				cken (Breast)		
A STATE OF THE STA	100 100	V V			nt Stuff esels Sprouts		Snack
	100	٧			o Salad		Dinner
	150	f		Strawberries w/ Ho	ney-Yogurt Dressing		
	140			P	ita		
	100				cken (Breast)		
Strawberry Guy!	4705	450					D. C Dl
Daily Total Net Daily Total	1765	150				0	Before Bed
Thursday	100				cken (Breast)		Number of Vegetables - 6
9/13/2007	125	f		Strawberries w	r/ Honey Yogurt omato Salad		Number of Fruits – 2 Plan
Today's Weight - 153.0 Today's Maintenance Weight-159.5	100	٧		Heirioom II	omato Salaa		Breakfast
	120			Sper	cial K		
	140			-	ingo w		Snack
	140 110				ines w k Crackers		OTIOCK .
							Lunch
	100 120				urkey on ough w/		
the state of the s	30	٧		Tomato, Onio	on, & Sprouts		
State of the state							Snack
Asian Vegetables	80	f		Nec'	tarine I		Dinner
. wan Togotabloo	125	V,V			<u>J</u> ocorn		
	75	٧,٧			o Salad		
	140	225		<u> </u>	ita Slimmons		
	240	V.V			Salmon Salad		
	75			Tomat	o Salad 1		
	100			Eaa Wh	I ite Salad		
	140			P	'ita		
	60			Deli	Turkey I		
Daily Total	1980	225					Before Bed
Net Daily Total	17					0	
Friday 9/14/2007	75 100				gurt e Salad w/		Number of Vegetables - 3 Number of Fruits - 2
Today's Weight - 151.0	110				c Crackers		Number of Fruits – 2 Plan
Today's Maintenance Weight-145.0							Breakfast
	400 100		v f		Fiesta Roll" Sushi ristol Farms "Small"		
AMERINE	100	150	'		Shopping		Snack
\$3°L	100			Egg White	Salad w/		
	110			5 Ak Mal	Crackers		Lunch
	110			5 Ak Mal	Crackers		
					****		-

Laura Rebecca Silverman Week End 9/17/2007

Week Starting Weight Week's Daily Maintenance Colories Average Net Daily Calories Week's Maintenance Weight Weekly Vegetables Total Weekly Exercise Calories BMI Index = Overweight Date	150 16 181 169 2 10 Estirr Food Calories	58 8.6 5.3 8 25		Calculated Weight Loss Average Weekly Weight Week Weight Loss	-0.3 150.3		
Week's Maintenance Weight Weekly Vegetables Total Weekly Exercise Colories BMI Index = Overweight	169 2 10 Estim	5.3 8 25		Week Weight Loss	Λ 1		A SECURITY OF THE PARTY OF THE
Weekly Vegetables Total Weekly Exercise Calories BMI Index = Overweight	2 10 Estim	8 25			0.4		
Total Weekly Exercise Calories BMI Index = Overweight	Estim Food	25		Total Weight Loss	207.7		
BMI Index = Overweight	Estim Food			Weekly Fruits	12		
BMI Index = Overweight	Food			TTL Fruits & Veggies Combined:	40		
-	Food			Вмі	 25.1		
Date	Food	nated				SS	
Date	Calories	Exercise				Plan Calories	
		Calories		Food	Exercise	_ 8	Comments
	100		f	Granny Apple = Bi	ristol Farms "Small"		
	75			Yogurt	& Honey		
 	240	100	٧.٧	TJ's Smoked	Salmon Salad Clean Studio		
- I	125	100	V.V	Air P	opcom Clean Studio		Snack
	120			7			
World's Best Tomatoes	100			Marinate	ed Herring		Dinner
	100		f	Granny Apple = Bi	ristol Farms "Small"		
-							
Daily Total	1845	250					Before Bed
Net Daily Total	15					0	
Saturday	100				e Salad on		Number of Vegetables - 6
9/15/2007 Today's Weight - 150.0	110		•	Pennan Anala Di	rictal Farms "Small"		Number of Fruits – 2
Today's Weight — 150.0 Today's Maintenance Weight—133.2	100	250	f	Granny Apple = Bi	ristol Farms "Small" Slimmons		Plan Breakfast
Today & maintenance meight 130.2	110	200		5 Ak Mal	k Crackers		
	400		٧	Gelson's Sp	icy Tuna Bowl		Snack
	140			•	<u></u>		Lunch
	140 110				lines w k Crackers		Lunch
	110			J AK MOI	n ordenoid		
	50		V.V		flower		
A STATE OF THE STA	25		٧		occoli		Snack
America Country	100		٧	Steamed P	Purple Potato		Dinas
Amazing Carrots							Dinner
	100			Marinate	ed Herring		
	150		f		Honey NF Yogurt		
				_			
	100				rkey		
	120		V	Mar	rinara		
<u> </u>							
Daily Total	1715	250				_	Before Bed
Net Daily Total Sunday	140	03		Sard	lines w	0	Number of Vegetables - 2
9/16/2007	110			5 Ak Mal	k Crackers		Number of Fruits – 2
Today's Weight - 150.0	100		f	Granny Apple = Bi	ristol Farms "Small"		Plan
Today's Maintenance Weight-218.6	100			Chamad D	urple Potato		Breakfast
	100		V	Steamed F	Tuple Foldio		
	280		٧	TJ's Roasted Ve	egetable Lasagna		Snack
	125		f	Strawberries w	v/ Honey Yogurt		
							Lunch
	110 140				Crackers Bar		
	ITV			riy	, 500		
	560		V.V		egetable Lasagna		Snack
	100			Marinated Herring			D)
Texas Sweet Onions	240			Sourdough Toast			Dinner
	Z#U			Sourdough roast			
	75			Chicken Tenderloin			
	125			Chiken Rice			
	200						
	200						
Daily Total	2405						Before Bed
Net Daily Total	24	05				0	
Monday	175			Grilled Orange Roughy			Number of Vegetables – 3
0/17/2007	350			Rice w/ Orange-Chili-Garlic Sauce			Number of Fruits – 1 Plan
9/17/2007							Breakfast
9/17/2007 Today's Weight — 151.0 Today's Maintenance Weight—202.3		•	-	Costco Roll			
9/17/2007 Today's Weight - 151.0	560			Vagatables while malite Celed			Snack
9/17/2007 Today's Weight - 151.0				Vegetables while making Salad	1		OHUGK .
9/17/2007 Today's Weight - 151.0	560 75	٧					
9/17/2007 Today's Weight - 151.0		٧		Orange Roughy			Lunch
9/17/2007 Today's Weight - 151.0	75 200 150	V		Orange Roughy Salad			Lunch
9/17/2007 Today's Weight - 151.0	75 200 150 125	V V		Salad Baked Potato			Lunch
9/17/2007 Today's Weight - 151.0	75 200 150	٧		Salad			
9/17/2007 Today's Weight - 151.0	75 200 150 125 150	V V		Salad Baked Potato Steamed Apple			Lunch
9/17/2007 Today's Weight - 151.0	75 200 150 125	V V		Salad Baked Potato			
9/17/2007 Today's Weight – 151.0 Today's Mointenance Weight–202.3	75 200 150 125 150	V V		Salad Baked Potato Steamed Apple			Snack
9/17/2007 Today's Weight – 151.0 Today's Maintenance Weight–202.3	75 200 150 125 150	V V		Salad Baked Potato Steamed Apple			Snack
9/17/2007 Today's Weight – 151.0 Today's Mointenance Weight–202.3	75 200 150 125 150	V V		Salad Baked Potato Steamed Apple			Snack