WEIGHT LOSS MADE SIMPLE TRACKER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after	❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after	❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after	❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after	❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after	❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after	❑**AM:** 3 Recovery ❑**20 MINUTES BEFORE EACH MEAL:** 1 capsule of Curb ❑**BREAKFAST:** 2 Scoops Shake 1 scoop Greens ❑**LUNCH:** Healthy meal ❑**BEFORE DINNER:** 2 DigestX ❑**DINNER:** Healthy meal ❑**SNACK:** 2 scoops Shake 1 scoop Greens ❑**BEFORE BED:** 4 Boosters ❑**EXERCISE:** 2 Recovery Before and after
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