24 Hour Daily Weight Loss Plan	24 Hour Daily Weight Loss Plan	24 Hour Daily Weight Loss Plan	
AFTER PRACTICE WEIGHT:	AFTER PRACTICE WEIGHT:	AFTER PRACTICE WEIGHT:	
Dinner:	Dinner:	Dinner:	
Meats:	Meats:	Meats:	
Veggies:	Veggies:	Veggies:	
Fruits:	Fruits:	Fruits:	
Carbs:	Carbs:	Carbs:	
Salad:	Salad:	Salad:	
Liquid:	Liquid:	Liquid:	
Other:	Other:	Other:	
AFTER DINNER WEIGHT:	AFTER DINNER WEIGHT:	AFTER DINNER WEIGHT:	
Snack before bed:	Snack before bed:	Snack before bed:	
Sleep/Drift:	Sleep/Drift:	Sleep/Drift:	
WAKE UP WEIGHT:	WAKE UP WEIGHT:	WAKE UP WEIGHT:	
Breakfast:	Breakfast:	Breakfast:	
Cereal:	Cereal:	Cereal:	
Fruit:	Fruit:	Fruit:	
Bread:	Bread:	Bread:	
Juice:	Juice:	Juice:	
Other:	Other:	Other:	
AFTER BREAKFAST WEIGHT:	AFTER BREAKFAST WEIGHT:	AFTER BREAKFAST WEIGHT:	
Morning Workout:	Morning Workout:	Morning Workout:	
AFTER WORKOUT WEIGHT:	AFTER WORKOUT WEIGHT:	AFTER WORKOUT WEIGHT:	
Lunch:	Lunch:	Lunch:	
Sandwich:	Sandwich:	Sandwich:	
Fruit:	Fruit:	Fruit:	
Liquid:	Liquid:	Liquid:	
Other:	Other:	Other:	
AFTER LUNCH WEIGHT:	AFTER LUNCH WEIGHT:	AFTER LUNCH WEIGHT:	
Snack before practice:	Snack before practice:	Snack before practice:	
Liquid:	Liquid:	Liquid:	
BEFORE PRACTICE WEIGHT:	BEFORE PRACTICE WEIGHT:	BEFORE PRACTICE WEIGHT:	
WT. GOAL AFTER PRACTICE:	WT. GOAL AFTER PRACTICE:	WT. GOAL AFTER PRACTICE:	