

24 Hour Daily Weight Loss Plan

AFTER PRACTICE WEIGHT: _____

Dinner:

Meats: _____

Veggies: _____

Fruits: _____

Carbs: _____

Salad: _____

Liquid: _____

Other: _____

AFTER DINNER WEIGHT: _____

Snack before bed: _____

Sleep/Drift: _____

WAKE UP WEIGHT: _____

Breakfast:

Cereal: _____

Fruit: _____

Bread: _____

Juice: _____

Other: _____

AFTER BREAKFAST WEIGHT: _____

Morning Workout: _____

AFTER WORKOUT WEIGHT: _____

Lunch:

Sandwich: _____

Fruit: _____

Liquid: _____

Other: _____

AFTER LUNCH WEIGHT: _____

Snack before practice: _____

Liquid: _____

BEFORE PRACTICE WEIGHT: _____

WT. GOAL AFTER PRACTICE: _____

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