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(800) 553-7489

MUSChealth.com/weight

Weight Management Diary

Name: _____

Beginning Date: _____

Milk	Veg	Fruit	Starch	Meat	Fat

Day: _____ Weighed & Graphed

Time	Food and Amount	Exchanges/ Calories
Exercise		Duration

Milk	Veg	Fruit	Starch	Meat	Fat

Day: _____ Weighed & Graphed

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Exercise		Duration

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