

# MEDICAL AND SURGICAL WEIGHT MANAGEMENT PROGRAM

## FOOD AND SUPPLEMENT RECORD

DATE: \_\_\_\_\_

DATE: \_\_\_\_\_

	AMOUNT	FOOD/BEVERAGE SELECTION	PROTEIN GMS			
BREAKFAST						
SNACK						
LUNCH						
SNACK						
SUPPER						
SNACK						
		<b>TOTAL GRAMS OF PROTEIN ►</b>				
ACTIVITY	10 minutes per circle ○ ○ ○ ○ ○ ○					
WATER	8 fl. oz. per circle ○ ○ ○ ○ ○ ○ ○ ○					
SUPPLEMENTS	Multi-Vitamin ○ ○	Calcium Citrate ○ ○ ○ ○	Vitamin D ○	B-12 ○	B-Complex ○	Iron (After 3 Months) ○

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