



PLEASE SEND YOUR FOOD LOG TO:
 MAINTENANCE@PROLEANWELLNESS.COM EVERY
 MONDAY MORNING.

480-477-6334

skype ID: Brenda@proleanwellness.com

NAME:		BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	EXERCISE	WEEKLY GOALS
DATE:	Sunday								
WEIGHT:									
QUESTIONS FOR THE NUTRITIONIST:									
	Monday								
	Tuesday								
	Wednesday								
	Thursday								
	Friday								
	Saturday								

NOTES: