



Enhancing Lives Together
A Nestlé Health Science Company



Weight*



Weight

Thursday	mg of phe/ g of protein	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Formula		
Daily total		
Water Intake		
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Friday	mg of phe/ g of protein	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Formula		
Daily total		
Water Intake		
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Saturday	mg of phe/ g of protein	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Formula		
Daily total		
Water Intake		
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Sunday	mg of phe/ g of protein	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
Formula		
Daily total		
Water Intake		
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

* If you have weight related goals, weigh yourself no more than once weekly; weigh at the same time of day in similar clothing.