GLP-1 & Weight Loss Journey Weekly Protein

FIBER & DOSE LOG

Monday

Tuesday

Wednesday

Thursday

Friday

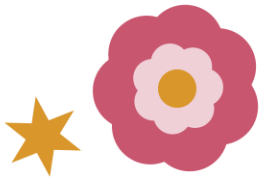
Saturday

Sunday

Priorities

GLP-1 & Weight Loss Journey
Weekly Protein

FIBER & DOSE LOG



	1	2	3	4	5	6	7
No sugar							
Protein goal							
Vitamins							
Sunlight AM							
Sleep by 10:30							
Gratitude							
Drink 2L water							
Cold shower							

Work

Home

Self

Next week