

2024 Weight Loss Challenge Notes 😊

Congratulations! You're on your way to a **NEW YOU**. Reflection is the key to keeping and sustaining good habits. Record your exercise progress each week, try our healthy meal options, and schedule your weekly weigh-ins and Q & A with our staff.

Week 1

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

Week 2

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

Week 3

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

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Week 4

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

Week 5

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

Week 6

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

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Week 7

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	

Week 8

Breakfast:	Exercises:
Lunch:	
Dinner:	
Snacks:	Water Intake:
Notes:	