

FOOD DIARY

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER	SLEEP
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

DISCLAIMER:

The workout plans, yoga flows, nutrition tips and healthy lifestyle advice shared through our website and/or PDF guides is aimed at healthy adult women and is not a substitute for medical advice or treatment for specific medical conditions.

If you experience any pain or difficulty while doing any exercise described, including sudden dizziness, chest pain, an irregular heartbeat, weakness or unusual shortness of breath, immediately stop exercising and consult your health care provider.

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