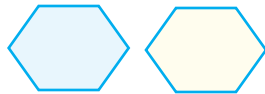


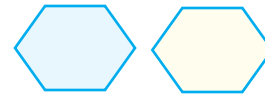
Week day	Goal #1	Goal #2

Total



Week day	Goal #1	Goal #2

Total



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Form provided by Janet Carter, registered dietitian with The Lean Team at
 MUSC 843-876-2039, <http://www.musc.edu/leanteam>