

W/C: _____

MY DIARY



BandBoozled
THE GASTRIC BAND EXPERTS

| | BREAKFAST | LUNCH | DINNER | SNACKS | WATER | EXERCISE |
|-----------|-----------|-------|--------|--------|---|----------|
| MONDAY | | | | |  | |
| TUESDAY | | | | |  | |
| WEDNESDAY | | | | |  | |
| THURSDAY | | | | |  | |
| FRIDAY | | | | |  | |
| SATURDAY | | | | |  | |
| SUNDAY | | | | |  | |