



MOXIFIT

Steps to Success

Today: _____

MEAL 1

Time: _____ am pm

Self prepared Ate out

MEAL 2

Time: _____ am pm

Self prepared Ate out

MEAL 3

Time: _____ am pm

Self prepared Ate out

SNACK

Time: _____ am pm

DAILY OPTIONS

_____ Time: ____ am pm

Self prepared Ate out

Daily Effort % _____

Water _____
 = 8 oz

Sleep (hours) _____

Steps _____

- Essentials Select
- Vegetables
- 8 oz Protein

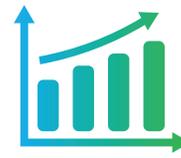
Supplements
 Multi Electrolytes
 BCAA Others _____

Stress Level 0 1 2 3 4 5
 (check one) 6 7 8 9 10

Exercise Type & Duration

Yes No

BG #'s _____
 BP #'s _____



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