

Weekly Charts - Week Three

| Category | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|-------------------|----------------------|----------------------|-------------------|----------|--------------|--------------------|
| Cardiovascular | 30 minute walk | Nothing Memorial Day | Tae Bo 40 minutes | Walk 40 minutes | Nothing | Nothing Sick | Walked 45 minutes |
| Flexibility | 10 minute stretch | | 15 minute stretching | 10 minute stretch | | | 10 minutes stretch |
| Strength Training | | | | | | | |
| Water | 64 oz | 64oz | 64oz | 64oz | 64oz | 32oz | 64oz |

Food Journal - Week Three

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|----------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|---------------------------------|---------------------|---------------------------------------------|
| Breakfast | Frosted flakes cereal w/ 2% milk | Multigrain bagel w/light cream cheese | Reduced fat Blueberry muffin Coffee no sugar | Multigrain waffle w/ light butter and sugar free syrup | Bran muffin Coffee no sugar | Nothing was sick | Frosted Flakes cereal w/ 2% milk |
| Lunch | Late lunch early dinner: small portions of | Turkey on rye w/ mustard | Tuna on rye w/a little mayo, lettuce and red wine vinegar | Turkey Rubeen on marble rye | Caesar salad w/ grilled chicken | Nothing was sick | Turkey Burger w/ lettuce on a potato roll |
| Dinner | Filet mignon, shrimp cocktail, cavieche with multi grain chips | Steak fajita in a wheat wrap. | Multi-grain pasta w/ shrimp, sundried tomatoes and olives | Tuna on a bed of lettuce | 2 slices of pizza | Chicken noodle soup | Chicken Dijon w/ mashed potatoes Ouch :(|
| Snack | Weight watchers ice cream | 100 calorie snack | Weight watchers ice cream | Weight watchers ice cream | 100 calorie snack | Ice pop | Rice krispie treat 180 calories |