

PIERCEY NEUROLOGY LLC 650 SW 3rd Street, Corvallis OR 97333-4437 Phone: 541-207-3900, Fax: 541-207-3232 http://www.pierceyneurology.com

Saturday, February 23, 2013

MORNING

Food	Calories	Notes	TOTAL CALORIES

DRINK WATE



	AFTERNOON		
ER	Food	Calories	Notes
2 3 5 7 8			
EVENING			

	EVENING			
SUGAR TODAY	Food	Calories	Notes	NOTES:
Bitte				
Today's Goals!!				
				1 1
				1 1

PIERCEY NEUROLOGY Healthy Living Patient Handout Together we can unleash the cure!



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EXERCISE

Activity	Goal	Reps	Time



TOTAL	
Cardio	
Strength	

NOTES:

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