

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



AFTERNOON

DRINK WATER



Food	Calories	Notes

EVENING

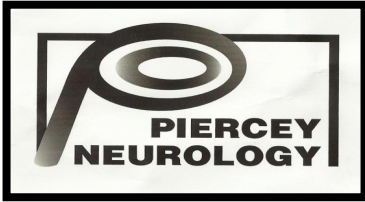
SUGAR TODAY



Food	Calories	Notes

NOTES:

Today's Goals!!



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EXERCISE

Activity	Goal	Reps	Time



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TOTAL	
Cardio	
Strength	

NOTES:

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