

Vitamin, Nutrition & Fitness Minder

Week of: _____

Supplement	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Multi							
B-12							
Calcium							

Prescriptions	Sun	Mon	Tue	Wed	Thur	Fri	Sat

Water (64+ Ounces)							
Protein (* Grams)							

Fitness Minder: Record Minutes per activity

Cardio							
Strength							
Flexibility							
Daily Total							

Notes:

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Notes:

**grams protein-follow recommendation of your WLS center.*