WEIGHT		WEATHER	LOCATI	ON		DATE:	
		A.M.	A.M.				
		NOON	NOON			PH #	
		Р.М.	P,M.				
		• ••	 				
	SLEEP		 FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.							
1:00 A.M.			 	_			
2:00 A.M.							
3:00 A.M.							
4.00 A.M.							
5:00 A.M.			 _				
6:00 A.M.							
7:00 A.M.							
8:00 A.M.							
9:00 A.M.							
10:00 A.M.		·					
11:00 A.M.							
12 NOON							
1:00 P.M.							
2:00 P.M.							
3:00 P.M.							
4:00 P.M.							
5:00 P.M.							
6:00 P.M.					1		
7:00 P.M.							
8:00 P.M.							
9:00 P.M.							
10:00 P.M.							
11:00 P.M.							
12:00 A.M.							

WEIGHT		WEATHER		LOCATI			DATE:	2/29/16	
157,1	0	A.M. CLEAN		A,M.	PV.	/PA	MO		
		NOON		NOON	55		PH #	224	\mathbf{D}
		P.M.		P.M.	PV			F MOON	
,			ı ———	·			FROM	VEN MA	0
	.	· · · · · · · · · · · · · · · · · · ·			<u> </u>			~_~~ 	
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.	}			CNT =	CHI N	EI TSAI		VES	
1:00 A.M.						IN BED			
2:00 A.M.			,			ТСН НС			
3:00 A.M.						FOLDIN STOMAC			
4.00 A.M.			K	FORV		OWAC	, DEI		
5:00 A.M.		CNT & STREACH							
		BEN & TUBRSIDUCH						1.0.1	
6:00 A.M.		TYPICAL	UR	DILAVIE				H20+L	
7:00 A.M.		VITAMINS			VEL_		<u>E665</u>	COFFEE	
8:00 A.M.		·	Ви					·	
9:00 A.M.								TEA	
10:00 A.M.		AVUEUEDA	UR_						
11:00 A.M.		WISUMITH	20						
12 NOON								#20	
1:00 P.M.									
2:00 P.M.								Hro	
4:00 P.M.					APPLE	PONVI	_	Konboa	14
5:00 P.M.		HYNDOREST							
					14	0.1.10-	510		
6:00 P.M.		· · · · · ·			NEh	QVINO A P-NVI BUTTER	rish	TEA	
7:00 P.M.						BOTTER			
8:00 P.M.		ALDE + TURMERIC							
9:00 P.M.	20	MUSEL20)71							
10:00 P.M.			BM	<u> </u>					
11:00 P.M.					ļ		<u> </u>		
12:00 A.M.	┟╼┾━	-							
	<u></u>	. · · · · · · · · · · · · · · · · · · ·	•			•		-	•

WEIGHT		WEATHER		LOCATI	ON	<u>-</u>	DATE:	3/1/12	
156.2		A.M. CLEAR	L	а.м. Р	<u>v</u>		TUF	<u>.</u>	
		NOON		NOON	<u>sn</u>		PH #	23	
		Р.М.		P.M.	PN				
				<u> </u>					
				ļ	I	1	, _		
SI	LEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.	\rightarrow	Lon opean	UR						
1:00 A.M.									
2:00 A.M.		✓ ✓	Un						
3:00 A.M.									
4.00 A.M.									
5:00 A.M.		. / / CNT=	CHINEI	15ANG					
6:00 A.M.	50	ETONIN BED É TUB		ORANGE				H10+L	EMOW
7:00 A.M.		VITAMINS: D3,	BM		VEG		EGAS	COFFE	E
8:00 A.M.		OMETA, B-COMPLEX	BM						
9:00 A.M.		CALCIUM, MAG, ZIVE							
10:00 A.M.		EX #1-3 STREACHES	10 miv						
11:00 A.M.								Hor It	D+LIME
12 NOON		20 MIU- PITIA MUSIC	UR		VEh	QUIDOA	F134		
1:00 P.M.		LILAT BROWN, FLOATING	BM						
2:00 P.M.									
3:00 P.M.									
4:00 P.M.			UR						
5:00 P.M.		TUB-RELAX				Chillew	5	H20	
6:00 P.M.	_				SALAD Hogunus	CRACKE CASHE	2.5		0.
7:00 P.M.								TEA	CAMOMILE CINNAMO
8:00 P.M.		ALOE & TURMERIL	UP_					r	CLOVES
9:00 P.M.		MUGE							CLOVES
10:00 P.M.		CINT = STOMACH "MID-LI	NEST						
11:00 P.M.									
12:00 A.M.	<i>k</i>		با و_						

WEIGHT		WEATHER	ļ	LOCATI			DATE:		
155.	8	A.M. CLEAR		А.М. 🕯	>\/		312		
		NOON		NOON			PH #	24	
		Р.М		P.M.					
			1						
									
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.	\rightarrow		UR						
1:00 A.M.	5		· · · · ·			-			
2:00 A.M.		· · ·	UR						
3:00 A.M.					<u> </u>				
4.00 A.M.	<u> </u>	LOG DIZEAM CNT+BED STRE	THUR UR						
		TUB/STRETCH/BREAT	-	DRHWILE				H20 2	LIFTE
5:00 A.M.		10373120101010101	*	URNAN					
6:00 A.M.			0.4		VEh		<u>E665</u>	LOFFEE	-
7:00 A.M.			BM BM						
8:00 A.M.					`				
9:00 A.M.	_								
10:00 A.M.	_	ROMBUCHA & SIT	VA						
11:00 A.M.									
		WORLKS TONL IN AF	1 UR	15			- 10		
12 NOON	_	ON A FAIRLY INTEN				NUTSI	<u> </u>	KLMOWN	MILL
1:00 P.M.		REST MUSIC LIS)	1. L <u>-</u>					HZO IMUNI	NVT ME L
2:00 P.M.			VR					100001	
3:00 P.M.									
4:00 P.M.		HOT TUB-20 MIN							
5:00 P.M.					uch.				
6:00 P.M.			VR		VEG SALON	Quinaa	FISH	HZO	
7:00 P.M.						CASITION	25		1/2 CANOY
8:00 P.M.		ADEX TURMERIL						TEA	BAR FROM
9:00 P.M.	ZD	14WSE	VR						
	- 4	÷							ALDED TURMERIL
10:00 P.M.	}								
11:00 P.M.	_/_						<u> </u>		
12:00 A.M.]			ļ

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			LOCATI			DATE:	CILINO	
WEIGHT	WEATHER A.M. LIGHT RAID		LOCATIO A.M.	PV	<u> </u>		3/16	
156.2/155.2			NOON		V/Wes		25	
HOT TUB	ΝΟΟΝ <u>Cιουδγ</u> Ρ.Μ.		P.M.	<u>- 2071</u> PV		111 <i>π</i>		
i EXERCIS			1.191.	<u> </u>		I		
SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.								
1:00 A.M.	-	UR						
2:00 A.M.								
3:00 A.M.								
4.00 A.M.	CNIT + BLID STREACH TUB	VE	OVANH	1 e 1			112021	2.40N
5:00 A.M.								
6:00 A.M.	VITAMINS			NEG		E465	H20	-
7:00 A.M.							COF	
8:00 A.M.								
9:00 A.M.	HYDUOREST (20)	VR					H20	
10:00 A.M.							COFF	
11:00 A.M.								
12 NOON			SALP	N: KALE				
1:00 P.M.			MANNO	CHICLE	ens		-	COOKIE
2:00 P.M.		V R						AT HAIR SALONS
3:00 P.M.	LOMBUCHA				CRSHCW	<u> </u>	120	6300
4:00 P.M.								ONE)
5:00 P.M.	HTUB (20)	U2_	ORAULE					ONE
6:00 P.M.				SALANO VIEG				
7:00 P.M.				HUNC			TEA	
8:00 P.M.						•		
9:00 P.M.	MUSE (31) -20						ALDEE	TURMERIC
10:00 P.M.								
11:00 P.M.								
12:00 A.M.								

WEIGHT		WEATHER		LOCATIO	NC		DATE:	Fel	
155.8/15	5.6	A.M. CLOVAY		A.M.	<u>PV</u>		3/4	116	
		NOON LIMIT RAIN		NOON			PH #	26_	
		Р.М.		Р.М.					
									
S	LEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.									
1:00 A.M.	+								
2:00 A.M.	+~								
3:00 A.M.	+		+						
4.00 A.M.	1	CNT+ BED	UR)	
5:00 A.M.	-	TUB	BM	ORANH	e			120+	LINCE
5.00 A.M.				12BAN	ANA	NUS	reeds	KLUION	2
6:00 A.M.		VITAMINS		BLUER	BARIE .	terry	<u>الــــــــــــــــــــــــــــــــــــ</u>	mirick	-
7:00 A.M.			<u> </u>					COF	
8:00 A.M.			ļ		·				
9:00 A.M.		·	UR						
10:00 A.M.							L		
11:00 A.M.									
12 NOON				BLUE	VEG GALAN	RUTIDA		KOMB	1974-14
1:00 P.M.		· ·	UR	120125	77-10	0,04000			A
2:00 P.M.								TEA	
3:00 P.M.			<u>.</u> .			·		<u>ICR</u>	
4:00 P.M.		IL TUR	02						
5:00 P.M.		HOT TUB			VEL				
6:00 P.M.			ļ		VE4 SALLA	QUINO	۴		
7:00 P.M.			,					HzO	
8:00 P.M.			UR						
9:00 P.M.		ALOE + TURMENIC MUSE (20)							
10:00 P.M.	7	MUSE							
11:00 P.M.	7								
	1		1	1					
12:00 A.M.	<u> </u>								ļ

WEIGHT	WEATHER		LOCATI	ON		DATE:	SAT]
154.8/154.			A.M.	PV		1	5/16	
	NOON		NOON	ł	SF_	PH #	27	
	Р.М.		P.M.					
							. <u> </u>	
				I		.		
SLE	BEP		FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.								
1:00 A.M.								
2:00 A.M.	~	UR	· .					
3:00 A.M.	REND, SLEEPHPW	0515						
4.00 A.M.	<u> </u>							
5:00 A.M.								
6:00 A.M.	- CUT+BED TUB	Ve	ORANA	E.			#20+	LIME
7:00 A.M.	VITA.		<u> </u>	VEL	QUINDA	Etahs	120	
8:00 A.M.		ßm					COFFE	E
9:00 A.M.		UR						
10:00 A.M.							420	
11:00 A.M.		VR		,				
12 NOON	MUSE LZOS							
1:00 P.M.			·					
2:00 P.M.		UR					H20	
3:00 P.M.			TIZA	L MI	x			
4:00 P.M.	LUEDDINCH 1255	UR	,					
5:00 P.M.							H20	
6:00 P.M.				POTATOE	5 RAMOUS	PRIME	1/20	
7:00 P.M.		UR		1 229	<u>erri i z</u>			Ś
8:00 P.M.							COOKE	5 1977-DE= 5
9:00 P.M.				•				
10:00 P.M.								
11:00 P.M.	<u></u>	5×						
12:00 A.M.	/							

WEIGHT		WEATHER		LOCATI	ON		DATE:	SUN
		A.M. CLEND/		A.M.	SF		31	6/16
		NOON CLOUDY		NOON	+ F	۰۷	PH #	28
		P.M. RAIN		P.M.		<u> </u>		
	SLEEP			FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.								
1:00 A.M.				1	P			
2:00 A.M.	1/				-			•
3:00 A.M.	{			<u> </u>				
4.00 A.M.								
5:00 A.M.			VR	1		r		
					-			
6:00 A.M.		STRETCH EXERUSES		<u> </u>				
7:00 A.M.				76046		MUESLI		COF
8:00 A.M.			UR	BERRIE	<u> </u>			car_
9:00 A.M.			BM					
10:00 A.M.			ur	<u> </u>				
11:00 A.M.		WALL ADOUND 1455		 				
12 NOON			VR					TEA
1:00 P.M.								
2:00 P.M.			UR					
3:00 P.M.			vn		HUMM	5 CRIE	vers	
4:00 P.M.			-					
5:00 P.M.			Bm					
6:00 P.M.					CAULFE BELLE	OVER EPVER	FISH	
7:00 P.M.					1	CWSHE U		
8:00 P.M.					L	- TOURS &	<u>~</u>	,
9:00 P.M.		ALDETTURNERIC						
9.00 P.M. 10:00 P.M.		MUSE (20)						
11:00 P.M.		i 						
12:00 A.M.					<u> </u>			

WEIGHT	WEATHER		LOCATI				MON
154,8/155	A.M. RAIN	_	A.M.	PV		3-	7-16
	NOON CLOUDY		NOON			PH #	29
	P.M.		P.M.	7	<u></u>	Dry	BEFO
		<u> </u>				NEN	MOO
	· · ·			— —			
SLEI	3P		FRUIT	VEG_	GRAIN	MEAT	LIQUI
12:00 A.M.							
1:00 A.M.							
2:00 A.M.							
3:00 A.M.		UR					
4.00 A.M.	BEDCUTTY	ATACO					
5:00 A.M.	TUB TYPICH		DRAEN	nt:			HZC
6:00 A.M.				VEh		E415	COF
7:00 A.M.		BM					
8:00 A.M.	-			· ·			HLO
9:00 A.M.		-		 			
10:00 A.M.		VN		_ Sma	OTHE		ALME
11:00 A.M.	HYPNO-REST			BERNE	x 5 UUTS		- 43 L
12 NOON			<u> </u>				<u> </u>
1:00 P.M.		UR	<u> </u>				
2:00 P.M. 3:00 P.M.		016					<u> </u>
				HUMMO	CHIPL		-
4:00 P.M. 5:00 P.M.	HOT TUB						<u> </u>
	NI IVD		1			FISH	
6:00 P.M.				VED	CASHEEN		
7:00 P.M.	Louisverth				CUNSIACON	<u> </u>	
8:00 P.M.							<u> </u>
9:00 P.M.	ALDE E TURMEOK						
10:00 P.M.	mose-20	<u></u>					
11:00 P.M.							
12:00 A.M.							

WEIGHT	WEATHER		LOCATIO	NC		DATE:	3-18-16
154.4/155			A.M.	PV			MOON
	NOON		NOON	SU		PH #	1
	P.M. LILHT DKIN		Р.М.	PV			
				<u> </u>	r	F	<u> </u>
SLEI	<u> </u>		FRUIT	VEG	GRAIN	MEAT	LIQUID
12:00 A.M.							
1:00 A.M.							
2:00 A.M.		UR					
3:00 A.M.							
4.00 A.M.							
5:00 A.M.		UR					
6:00 A.M.	BEDICOT		DUADL	F			H20
7:00 A.M.	TUB+TYP	BM	BED M		NUTS CLATHI	,	COP
8:00 A.M.	VITAMINS	<u> </u>	OWIN	·	CURUM.	<u>′</u>	
9:00 A.M.							H20
10:00 A.M.		VR					TEA
11:00 A.M.	·			VEG	CRACICO	FISH	
11.00 A.M.				TUTIMUS	Chindrey	<u>**</u>	
12 NOON	HYPUDREST	-					
1:00 P.M.							
2:00 P.M.		_	-12				
3:00 P.M.			ORTNO	e			
4:00 P.M.							H20
5:00 P.M.	HOT TUB						
6:00 P.M.		UR		VEG	QUINOA		
7:00 P.M.					CRACE	<u> </u>	
8:00 P.M.	Kombocha						
9:00 P.M.	Komescha muselzos	Bulson	MIL)				
10:00 P.M.							
11:00 P.M.							
12:00 A.M.							

WEIGHT	WEATHER		LOCATI	ON		DATE:	3/9/16	
154.6	A.M. CLOUDY		А.М.	PV		WE	0	
	NOON		NOON_			PH #	2	_
	Р.М.		P.M.					-
					· · · · · · · · · · · · · · · · · · ·			
SLE	EP		FRUIT	VEG	GRAIN	MEAT	LIQUID	
12:00 A.M.				_				
1:00 A.M.								
2:00 A.M.		VR	,					
3:00 A.M.	REAN							
4.00 A.M.	BED+CUT							
5:00 A.M.	TUB	UR	ORANH				H10+	Tanow
6:00 A.M.				VEL	RUINDA	E1.65		
7:00 A.M.		BHA	1					-
8:00 A.M.				-				
9:00 A.M.								
10:00 A.M.]
11:00 A.M.]
12 NOON								
1:00 P.M.								1
2:00 P.M.				_	-			
3:00 P.M.								
4:00 P.M.	·····		-					
5:00 P.M.]
6:00 P.M.								-
7:00 P.M.								-
8:00 P.M.						-		ł
9:00 P.M.								1
10:00 P.M.								1
11:00 P.M.			+					1
12:00 A.M.					L			J

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