



# TLC Log

Day:	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Avg.
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Date:								
%WP:*								
Exercise								
Weight								

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\*What percent of your diet yesterday consisted of whole plants (goal  $\geq 50$ , ideally  $\geq 66$ ). Exercise goal is an average of  $\geq 15$ , ideally  $\geq 22$  minutes/day.