Weekly Summary

Name: _____ Health Educator's Phone Number: _____ ext. _____

Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes		
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"				
											Start wt. _____		
Midweek Sub-totals													
Totals											Att.	M.W. call	TI Wk.

Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes		
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"				
											Start wt. _____		
Midweek Sub-totals													
Totals											Att.	M.W. call	TI Wk.

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Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes		
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"				
											Start wt. _____		
Midweek Sub-totals													
Totals											Att.	M.W. call	TI Wk.

Success Cycle™ Inventory (Four-week Summary)

Att. ____/4=____% **Midwk Call** ____/4=____% **RK** ____/4=____% **MR** ____/4=____% **VF** ____/4=____% **PA** ____/4=____% **TI** ____/4=____%

4-week wt change:

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Weekly Summary

Name: _____ Health Educator's Phone Number: _____ ext. _____

Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"		
											Start wt. _____
Midweek Sub-totals											
Totals											Att. / M.W. call / TI Wk.

Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"		
											Start wt. _____
Midweek Sub-totals											
Totals											Att. / M.W. call / TI Wk.

Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"		
											Start wt. _____
Midweek Sub-totals											
Totals											Att. / M.W. call / TI Wk.

Day/ Date	Meal Replacements				Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/ Notes
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx	"In The Box"		
											Start wt. _____
Midweek Sub-totals											
Totals											Att. / M.W. call / TI Wk.

Success Cycle™ Inventory (Four-week Summary)

Att. ____/4=____% Midwk Call ____/4=____% RK ____/4=____% MR ____/4=____% VF ____/4=____% PA ____/4=____% TI ____/4=____%

4-week wt change:

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