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| Capture.PNG  **2016** |  | Capture.PNG  **2016** |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | **WEEK** | **WEIGHT** | **CHEST** | **WAIST** | **HIPS** | | **1** |  |  |  |  | | **2** |  |  |  |  | | **3** |  |  |  |  | | **4** |  |  |  |  | | **5** |  |  |  |  | | **6** |  |  |  |  | | **7** |  |  |  |  | | **8** |  |  |  |  |   <http://therunaweighgourmet.com/wp-content/uploads/2012/10/runaweighgourmet-1226.jpg> |  | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **WEEK** | **WEIGHT** | **CHEST** | **WAIST** | **HIPS** | | **1** |  |  |  |  | | **2** |  |  |  |  | | **3** |  |  |  |  | | **4** |  |  |  |  | | **5** |  |  |  |  | | **6** |  |  |  |  | | **7** |  |  |  |  | | **8** |  |  |  |  |   <http://therunaweighgourmet.com/wp-content/uploads/2012/10/runaweighgourmet-1226.jpg> |
| |  |  | | --- | --- | | Date : | | | **Breakfast** |  | | **Snack** |  | | **Lunch** |  | | **Snack** |  | | **Dinner** |  |   Date :   |  |  | | --- | --- | | **Breakfast** |  | | **Snack** |  | | **Lunch** |  | | **Snack** |  | | **Dinner** |  | |  | |  |  | | --- | --- | | Date : | | | **Breakfast** |  | | **Snack** |  | | **Lunch** |  | | **Snack** |  | | **Dinner** |  |   Date :   |  |  | | --- | --- | | **Breakfast** |  | | **Snack** |  | | **Lunch** |  | | **Snack** |  | | **Dinner** |  | |
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| **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Mentors Details:**   |  |  | | --- | --- | | **Name** | **Tel No** | |  |  | |  |  | |  |  |  |  |  |  | | --- | --- | --- | | **Start Weight** |  | | | **Start Measurements** | | | | **Chest** |  | | | **Waist** |  | | | **Hips** |  | | | **Start BP** |  | | | **Start Cholesterol** |  | | |  |  | | | **End Weight** | |  | | | **End Measurements** | | | | | **Chest** | |  | | | **Waist** | |  | | | **Hips** | |  | | | **End BP** | |  | | | **End Cholesterol** | |  | | |  | **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Mentors Details:**   |  |  | | --- | --- | | **Name** | **Tel No** | |  |  | |  |  | |  |  |  |  |  |  | | --- | --- | --- | | **Start Weight** |  | | | **Start Measurements** | | | | **Chest** |  | | | **Waist** |  | | | **Hips** |  | | | **Start BP** |  | | | **Start Cholesterol** |  | | |  |  | | | **End Weight** | |  | | | **End Measurements** | | | | | **Chest** | |  | | | **Waist** | |  | | | **Hips** | |  | | | **End BP** | |  | | | **End Cholesterol** | |  | | |

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| **WK 1** |  | **WK 1** |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 2** |  | **WK 2** |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 3** |  | **WK 3** |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 4** |  | **WK 4** |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 5** |  | **WK 5** |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 6** |  | **WK 6** |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 7** | | |  | **WK 7** | | |
| **Mood to Exercise** | | |  | **Mood to Exercise** | | |
| **Mood to Diet** | | |  | **Mood to Diet** | | |
| **Highs of the Week** | | |  | **Highs of the Week** | | |
| **Lows of the Week** | | |  | **Lows of the Week** | | |
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