



Welcome

What could be one of the most important tools for weight loss? Tracking your meals in your new Medifast Journal. It will keep you mindful and help you stay on plan every day. And remember: every page you fill here is another step toward a healthier you! If you prefer to track online, go to MyMedifast.com.

Please read your Quick Start Guide before using this journal.

Become Yourself





STARTING MEASUREMENTS

Chest _____ Waist ____

Hips _____ Thigh _____

BMI

(BODY MASS INDEX)



BEFORE PHOTO

2" x 3.25"



AFTER PHOTO

2" x 3.25"

Before

After









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3

4

Lean & Green[™] Meal











LOG EXERCISE: ___



(write time of meal in each box)





LOG WEIGHT: _



1

2

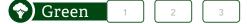
3

4

5

Lean & Green™ Meal























(check boxes)











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Lean & Green[™] Meal











LOG EXERCISE: ___



(write time of meal in each box)





LOG WEIGHT: _



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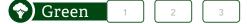
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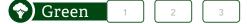
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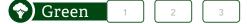
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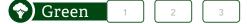
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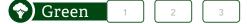
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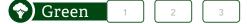
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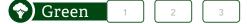
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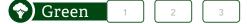
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Lean & Green™ Meal























(check boxes)











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Lean & Green™ Meal











LOG EXERCISE: ___



(write time of meal in each box)





LOG WEIGHT: _



1

2

3

4

5

Lean & Green™ Meal























Optional Snack
(check boxes)











3

4

Lean & Green™ Meal











LOG EXERCISE: ___



(write time of meal in each box)





LOG WEIGHT: _



1

2

3

4

5

Lean & Green™ Meal























Optional Snack
(check boxes)











3

4

Lean & Green™ Meal











LOG EXERCISE: ___



(write time of meal in each box)





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Lean & Green™ Meal























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(check boxes)











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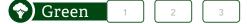
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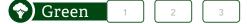
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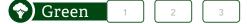
3

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Lean & Green™ Meal























(check boxes)





Medifast Meals 1 2	3	4	5
Lean & Green™ Meal		** 1:1 = .	
Lean [leanest] or [leaner] or [lean		Healthy Fat	
	ਰ	0-4:1 0	41

Green 1 2 3	Option	
		Optional Snack
Water 1 2 3 4 5 6 7 8		(check boxes)



Congratulations! Your Medifast Journal is full!

And we know what that means: you're well on your way to becoming yourself, the person you were meant to be. Whether you're finished your weight-loss journey or you still have more to lose, the journal is an invaluable resource. Order a new one online today!



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