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.*
Lean & Green™ Meal

Lean

leanest or leaner or lean

Green

1 or 2 or 3

Water
(8 oz)

1 or 2 or 3 or 4 or 5 or 6 or 7 or 8

LOG EXERCISE:

Optional

Healthy Fat

Optional Condiment

Optional Snack

(check boxes)

LOG WEIGHT:

DATE: _____ / _____ / _____

Medifast Meals

Lean & Green™ Meal

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leanest or leaner or lean

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Optional Condiment

Optional Snack

(check boxes)

LOG WEIGHT:

DATE: _____ / _____ / _____
5 & 1 Plan®

(Write time of meal in each box)

DATE: ___/___/___

LOG WEIGHT: __________

Medifast Meals

1 2 3 4 5

Lean & Green™ Meal

Lean

Leanest or leaner or lean

Green

1 2 3

Water

(8 oz)

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(8 oz)

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Optional

Healthy Fat

Optional Condiment

Optional Snack

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<thead>
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<th>Meal</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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</thead>
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<tr>
<td>Leanest</td>
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<tr>
<td>Leaner</td>
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<tr>
<td>Lean</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Fat</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Optional</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Condiment</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Optional Snack</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Optional</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
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**Water**

<table>
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<tr>
<th>Water (8 oz)</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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</tr>
</tbody>
</table>

LOG EXERCISE: ____________________________
<table>
<thead>
<tr>
<th>Medifast Meals</th>
<th>Lean &amp; Green™ Meal</th>
<th>Optional Snack</th>
<th>Healthy Fat</th>
<th>Optional Condiment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean</td>
<td>leanest or leaner or lean</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td>1 2 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water (8 oz)</td>
<td>1 2 3 4 5 6 7 8</td>
<td></td>
<td></td>
<td></td>
</tr>
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</table>

LOG EXERCISE: ____________________________________________

LOG EXERCISE: ____________________________________________
<table>
<thead>
<tr>
<th>Meal</th>
<th>Lean</th>
<th>Green</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>(8 oz)</td>
</tr>
<tr>
<td>Lean</td>
<td>leanest</td>
<td>leaner</td>
<td>lean</td>
</tr>
<tr>
<td>Green</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Optional**

- Healthy Fat
  - (check boxes)
- Optional Condiment
  - (check boxes)
- Optional Snack
  - (check boxes)

**LOG EXERCISE:** 

**LOG WEIGHT:** ______
<table>
<thead>
<tr>
<th>Lean &amp; Green™ Meal</th>
<th>Healthy Fat</th>
<th>Optional Condiment</th>
<th>Optional Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean leanest or leaner or lean</td>
<td>□ □</td>
<td>□ □ □ □</td>
<td>□ (check boxes)</td>
</tr>
<tr>
<td>Green 1 2 3</td>
<td></td>
<td></td>
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</table>

Water (8 oz) 1 2 3 4 5 6 7 8

LOG EXERCISE: ____________________

LOG WEIGHT: __________
**5 & 1 Plan®**

(Write time of meal in each box)

**Medifast Meals**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
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**Lean & Green™ Meal**

<table>
<thead>
<tr>
<th>Lean</th>
<th>Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanest or leaner or lean</td>
<td>1 2 3</td>
</tr>
</tbody>
</table>

**Water**

(8 oz) 1 2 3 4 5 6 7 8

**Optional**

- Healthy Fat
- Optional Condiment
- Optional Snack

**LOG EXERCISE:** ____________
# 5 & 1 Plan®

**Date:** _____ / _____ / _____  
**Log Weight:** __________

## Medifast Meals

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
</table>

### Lean & Green™ Meal

- **Lean:** leanest, leaner, lean
- **Green:** 1, 2, 3

### Water

(8 oz)  
1 2 3 4 5 6 7 8

### Log Exercise:

________________________

---

## Optional

- **Healthy Fat:**
- **Optional Condiment:**
- **Optional Snack:**
  - (check boxes)

---

# 5 & 1 Plan®

**Date:** _____ / _____ / _____  
**Log Weight:** __________

## Medifast Meals

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### Lean & Green™ Meal

- **Lean:** leanest, leaner, lean
- **Green:** 1, 2, 3

### Water

(8 oz)  
1 2 3 4 5 6 7 8

### Log Exercise:

________________________
### 5 & 1 Plan

#### Medifast Meals

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<td>2</td>
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<td></td>
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#### Lean & Green™ Meal

- **Lean**
  - leanest
  - leaner
  - lean
- **Green**
  - 1
  - 2
  - 3

#### Water

<table>
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<tr>
<th></th>
<th>1</th>
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#### Optional

- Healthy Fat
- Optional Condiment
- Optional Snack

#### LOG EXERCISE:

---

#### LOG WEIGHT:

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---

#### LOG EXERCISE:

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#### LOG WEIGHT:

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5 & 1 Plan®

(Write time of meal in each box)

DATE: _____ / _____ / _____

LOG WEIGHT: ____________

Medifast Meals

Lean & Green™ Meal

Lean

Leanest or leaner or lean

Green

1 2 3

Log Weight:

Medifast Meals

Lean & Green™ Meal

Lean

Leanest or leaner or lean

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1 2 3

Optional
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(Check boxes)

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(8 oz)

1 2 3 4 5 6 7 8

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**Optional Healthy Fat**

**Optional Condiment**

**Optional Snack**

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**Water** (8 oz)  
1  2  3  4  5  6  7  8

**LOG EXERCISE:** ____________________________
### 5 & 1 Plan®

**DATE:** ____ / ____ / ____  
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**Optional**

- **Healthy Fat**  
- **Optional Condiment**  
- **Optional Snack**  

**LOG EXERCISE:** __________________________________________

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### 5 & 1 Plan®

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**LOG WEIGHT:** _________

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**Optional**

- **Healthy Fat**  
- **Optional Condiment**  
- **Optional Snack**  

**LOG EXERCISE:** __________________________________________
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!