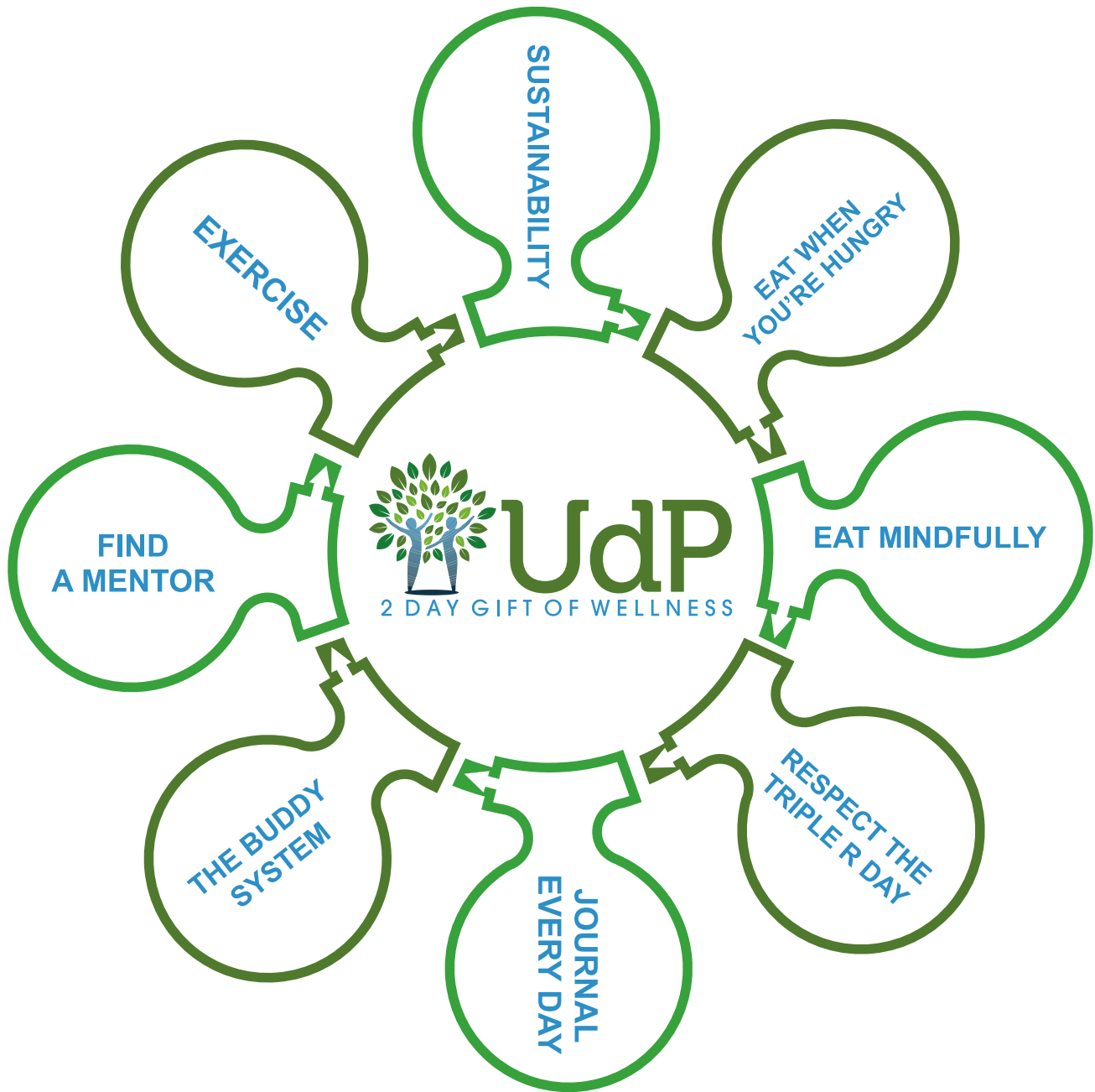
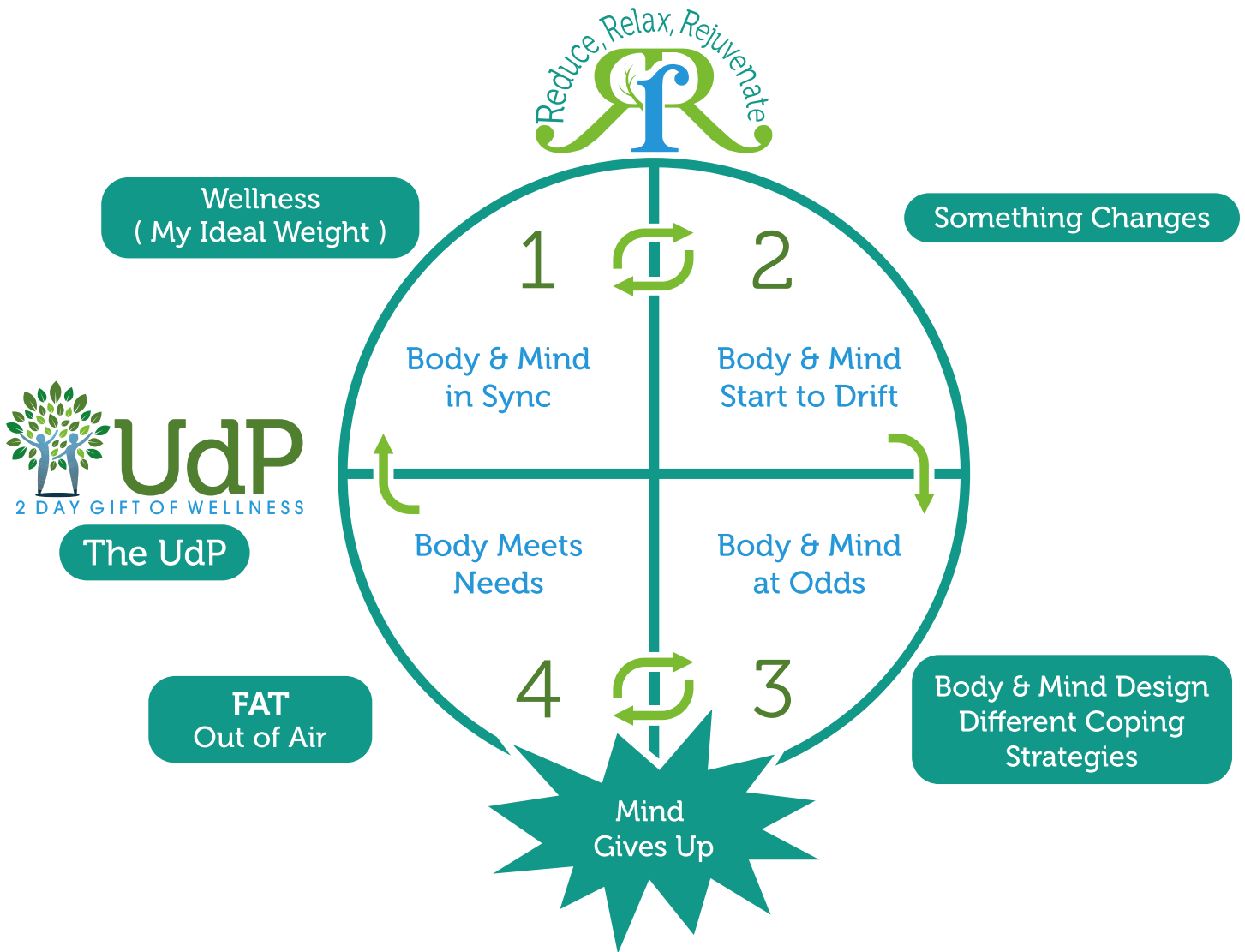


The 8 Principles of UdP Wellness



The Body's Reaction to Stress





Notes

Day _____

Date _____

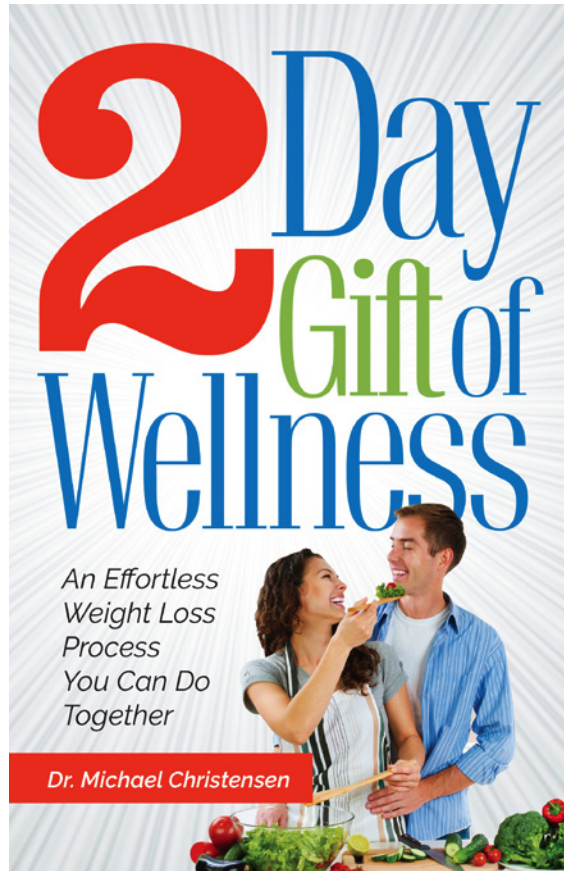
Triple R (2x/week) Total calories = 600 max

Weight _____ Steps _____

Hours of Calorie Reduction _____

	Food	Calories (Triple R days only, 600 max)
Breakfast		
Snack		
Lunch		
Snack		
Dinner		

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