

# Dr. Cox's Healthy Eating Plan

Date:	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
Weight							
Blood Pressure							
Blood Sugar							
Water (8, 8oz glasses daily)and Other Drinks							
Fruit							
Lunch Meat							
Lunch							
Vegetables							
Supper Meat							
Supper							
Vegetables							
Oils							
Excercise Amout of time and activity							
How are you doing this week (emotionally, physically, have you been sick, had allergies, is it your menstrual cycle)?							