

Date			Weight		100 kg	Trend		
Overnight								
Medication		Time	W	Time	Blood Pressure	Pulse	Time	Temp
AM					/			
Noon pills					/			
Evening pills					/			
PM					/			
					/			
Item			W	Calories per unit	Units	Total Calories		Total
Breakfast less than 600								
Lunch less than 600								
Dinner less than 600								
Snack less than 200								
Total Water			W	= 500 ml water	Daily Total less than 2000			
Morning activity								
Noon activity								
Evening activity								