

# Women's Daily Tracker

## DAY 1

<b>Breakfast</b>	<input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding <input type="radio"/> 1 WonderSlim Breakfast <input type="radio"/> 1 Dairy <b>OR</b> 1 Optional <b>OR</b> 1 Starch Serving
<b>Morning Snack</b>	<input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding <input type="radio"/> 1 Fruit Serving
<b>Lunch</b>	<input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding <input type="radio"/> 1 WonderSlim Lite Entrée <b>OR</b> WonderSlim Soup
<b>Afternoon Snack</b>	<input type="radio"/> 1 WonderSlim Bar <b>OR</b> 1 WonderSlim Snack
<b>Healthy Dinner</b>	<input type="radio"/> 1 Protein Serving <input type="radio"/> 2 Vegetable Servings <input type="radio"/> 1 Optional Serving
<b>Dessert</b>	<input type="radio"/> 1 WonderSlim Dessert

<b>Drinks at least 8 glasses</b>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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## DAY 2

<b>Breakfast</b>	<input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding <input type="radio"/> 1 WonderSlim Breakfast <input type="radio"/> 1 Dairy <b>OR</b> 1 Optional <b>OR</b> 1 Starch Serving
<b>Morning Snack</b>	<input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding <input type="radio"/> 1 Fruit Serving
<b>Lunch</b>	<input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding <input type="radio"/> 1 WonderSlim Lite Entrée <b>OR</b> WonderSlim Soup
<b>Afternoon Snack</b>	<input type="radio"/> 1 WonderSlim Bar <b>OR</b> 1 WonderSlim Snack
<b>Healthy Dinner</b>	<input type="radio"/> 1 Protein Serving <input type="radio"/> 2 Vegetable Servings <input type="radio"/> 1 Optional Serving
<b>Dessert</b>	<input type="radio"/> 1 WonderSlim Dessert




<b>Drinks at least 8 glasses</b>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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Indicates grocery foods

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# Women's Daily Tracker

DAY 3





<b>Breakfast</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Breakfast</li> <li><input type="radio"/> 1 Dairy <b>OR</b> 1 Optional <b>OR</b> 1 Starch Serving </li> </ul>
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 Fruit Serving </li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Lite Entrée <b>OR</b> WonderSlim Soup</li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Bar <b>OR</b> 1 WonderSlim Snack</li> </ul>
<b>Healthy Dinner</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 Protein Serving</li> <li><input type="radio"/> 2 Vegetable Servings </li> <li><input type="radio"/> 1 Optional Serving</li> </ul>
<b>Dessert</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Dessert</li> </ul>
<b>Drinks at least 8 glasses</b>	<ul style="list-style-type: none"> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>

Indicates grocery foods 

# Men's Daily Tracker



DAY 1

<b>Breakfast</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Breakfast</li> <li><input type="radio"/> 1 Dairy <b>AND</b> 1 Optional <b>AND</b> 1 Starch Serving </li> </ul>
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 Fruit Serving </li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Lite Entrée <b>OR</b> WonderSlim Soup</li> <li><input type="radio"/> 1 Starch serving <b>AND</b> 1 Optional serving </li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Bar <b>OR</b> 1 WonderSlim Snack</li> </ul>
<b>Healthy Dinner</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 2 Protein Servings</li> <li><input type="radio"/> 2 Vegetable Servings</li> <li><input type="radio"/> 2 Starch Servings </li> <li><input type="radio"/> 1 Optional Serving</li> </ul>
<b>Dessert</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Dessert</li> </ul>
<b>Drinks at least 8 glasses</b>	<ul style="list-style-type: none"> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>

Indicates grocery foods 

# Men's Daily Tracker

## DAY 2

<b>Breakfast</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Breakfast</li> <li><input type="radio"/> 1 Dairy <b>AND</b> 1 Optional <b>AND</b> 1 Starch Serving </li> </ul>
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 Fruit Serving </li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Lite Entrée <b>OR</b> WonderSlim Soup</li> <li><input type="radio"/> 1 Starch serving <b>AND</b> 1 Optional serving </li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Bar <b>OR</b> 1 WonderSlim Snack</li> </ul>
<b>Healthy Dinner</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 2 Protein Servings</li> <li><input type="radio"/> 2 Vegetable Servings</li> <li><input type="radio"/> 2 Starch Servings</li> <li><input type="radio"/> 1 Optional Serving</li> </ul>
<b>Dessert</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Dessert</li> </ul>

<b>Drinks at least 8 glasses</b>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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Indicates grocery foods

## DAY 3

<b>Breakfast</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Breakfast</li> <li><input type="radio"/> 1 Dairy <b>AND</b> 1 Optional <b>AND</b> 1 Starch Serving </li> </ul>
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 Fruit Serving </li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Meal Replacement Shake/Pudding</li> <li><input type="radio"/> 1 WonderSlim Lite Entrée <b>OR</b> WonderSlim Soup</li> <li><input type="radio"/> 1 Starch serving <b>AND</b> 1 Optional serving </li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Bar <b>OR</b> 1 WonderSlim Snack</li> </ul>
<b>Healthy Dinner</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 2 Protein Servings</li> <li><input type="radio"/> 2 Vegetable Servings</li> <li><input type="radio"/> 2 Starch Servings</li> <li><input type="radio"/> 1 Optional Serving</li> </ul>
<b>Dessert</b>	<ul style="list-style-type: none"> <li><input type="radio"/> 1 WonderSlim Dessert</li> </ul>

<b>Drinks at least 8 glasses</b>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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