

Oksana Aron M.D. New York Medical Weight Loss Center 7032 4th Avenue, Suite A5 • Brooklyn NY 11209 718-491-5525 • WeightLossNYC.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
_unch							
Dinner							
Activity							
GOALS: DIET			PHYSICAL AC	TIVITY			