DAILY INTAKE LOG

First 2 Weeks After Weight-Loss Surgery

(Print one page for each day)

breakfast	grams of protein:
□ multivitamin	
□calcium 500mg	grams
lunch	grams of protein:
□ calcium 500mg	grams
snack	grams of protein:
dinner	grams of protein:
	protein.
□ calcium 500mg	
TOTAL PROTEIN (Goal 35-40 grams/day during week 1 and 2)	



DRINK 1 (4 oz.) glass of fluid within 1 hour while you are awake. Goal = 50-64 ozs.

REST Take time to rest, but get up (every hour while you are awake.



WALKING or some **EXERCISE ACTIVITY**

Take short walks or some exercising activity 3-4 times each day. Start with a 5 minute activity and increase the activity 5 minutes more each day.