

# VITAMIN & SUPPLEMENT SCHEDULE

<b>SUPPLEMENT NAME</b>	<b>DOSAGE</b>	<b>MORNING LOG (M T W T F S S)</b>
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Multi-Vitamin	1 Capsule	M  T  W  T  F  S  S
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<b>SUPPLEMENT NAME</b>	<b>DOSAGE</b>	<b>EVENING LOG (M T W T F S S)</b>
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Magnesium	200mg	M
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**SUPPLEMENT  
NAME**

**DOSAGE**

**EVENING LOG (M T W T F S S)**

T

W

T

F

S

S

**NOTES & OBSERVATIONS**