



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
AFTER WAKING UP							
BREAKFAST							
MORNING SNACK							
MORNING SNACK							
LUNCH							
AFTERNOON SNACK							
AFTERNOON SNACK							
DINNER							
BEFORE SLEEP							