




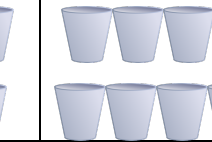
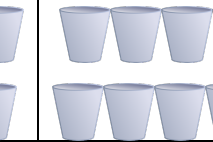




Date							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Water							
Exercise							
Goal(s) for the week:							