	DAILY	FOOD	ANDE	XERG	SEDIA		HIER pier!
	LIQUIDS						
	VITAMINS/MEDS						
	BREAKFAST						
	MORNING SNACK						
	LUNCH						
	AFTERNOON SNACK						
	DINNER						
	EVENING SNACK (DON'T FORGET TO BRUSH YOUR TEETH)						
	EXERCISE						
	PMA 1-10						
	ENERGY LEVEL 1–10						
	OTHER COMMENTS						
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