

Mon	/	/	cal	fat	exchange	activity	Tues	/	/	cal	fat	exchange	activity
Weight:							Weight:						
<u>Breakfast</u>							<u>Breakfast</u>						
<u>Lunch</u>							<u>Lunch</u>						
<u>Snack</u>							<u>Snack</u>						
<u>Dinner</u>							<u>Dinner</u>						
<u>Snack</u>							<u>Snack</u>						