

| January 02, 2010 | <----Enter the 1st Sunday of the month | | | | | | |
|------------------|--|--------|---------|-----------|----------|--------|----------|
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | | | | | | | |
| Snack 1 | | | | | | | |
| Lunch | | | | | | | |
| Snack 2 | | | | | | | |
| Dinner | | | | | | | |
| Snack 3 | | | | | | | |
| 01/09/10 | | | | | | | |
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | | | | | | | |
| Snack 1 | | | | | | | |
| Lunch | | | | | | | |
| Snack 2 | | | | | | | |
| Dinner | | | | | | | |
| Snack 3 | | | | | | | |
| 01/16/10 | | | | | | | |
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | | | | | | | |
| Snack 1 | | | | | | | |
| Lunch | | | | | | | |
| Snack 2 | | | | | | | |
| Dinner | | | | | | | |
| Snack 3 | | | | | | | |
| 01/23/10 | | | | | | | |
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | | | | | | | |