

| 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        |  |        |         |           |          |        |          |