

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>				
TOTAL					TOTAL				
Wed / /	cal	fat	exchange	activity	Thurs / /	cal	fat	exchange	activity
Weight:					Weight:				