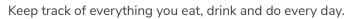
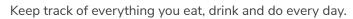
## FOOD & ACTIVITY DIARY





Day 1	
	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE
D 2	
Day 2	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE
Day 3	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE
Day 4	
	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

## FOOD & ACTIVITY DIARY





Day 5	
	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE
Dov. 6	
Day 6	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE
Day 7	
	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE