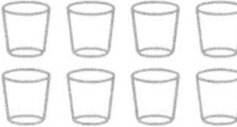
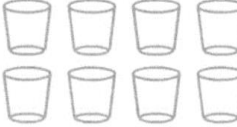


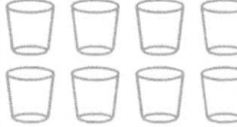
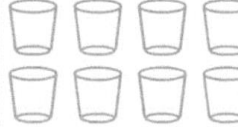
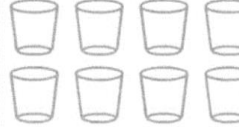


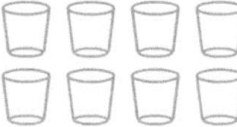





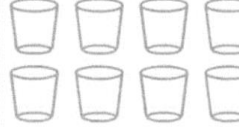
Weekly Food Journal

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Water							
Exercise							

Weekly Food Journal

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Water							
Exercise							