	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Weight	Exercise	Weight	Exercise	Weight	Exercise	Weight	Exercise	Weight	Exercise	Weight	Exercise	Weight	Exercise
Daily Needs	△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water		△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water		△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water		△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water		△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water		△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water		△ Sugars & Fats △△ Dairy △△ Protein △△ Fruits △△△ Vegetables △△△ Grains △△△ O Water	
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
	Daily Total		**Daily Total**		**Daily Total**		**Daily Total**		**Daily Total**		**Daily Total**		**Daily Total**	