

1/4/2010 MONDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast	8:00:00 AM					
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/5/2010 TUESDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/6/2010 WEDNESDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/7/2010 THURSDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/8/2010 FRIDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/9/2010 SATURDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/10/2010 SUNDAY	Meal	Time	Food	Beverage	Place	Calories	Comments
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						