Haily Food and Exercise Diary

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	LIQUIDS													v							X			3				
	VITAMINS MEDS			3							100							W.	8									
	BREAKFAST	Г																										
	SNACK																											
/	LUNCH																											
/	SNACK																											
/	DINNER																											
	SNACK (brush teeth)																											
	EXERCISE																											
A	PMA 1-10																						i i					
	ENERGY 1-10																											
	OTHER COMMENTS	Ti C																		100		N.						