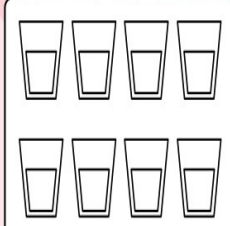
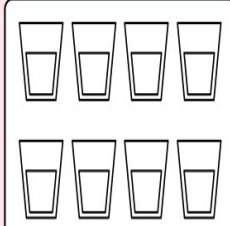
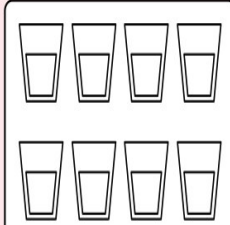
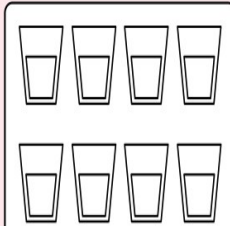
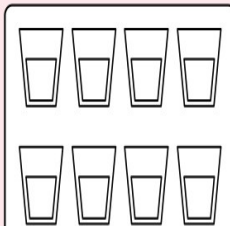
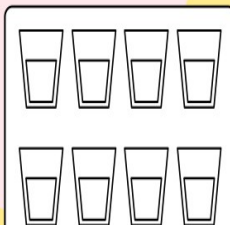
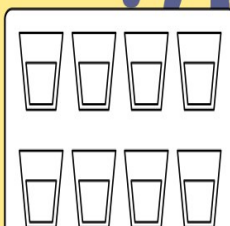


Food And Exercise Log

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER	EXERCISE TRACKER
Monday						 MTWTFSS
Tuesday						 MTWTFSS
Wednesday						 MTWTFSS
Thursday						 MTWTFSS
Friday						 MTWTFSS
Saturday						 MTWTFSS
Sunday						 MTWTFSS