Day	Date						
TIME	AMOUNT	FOOD & FLU	UID		NOTES		
BREAKFAST							
MORNING TEA							
LUNCH							
AFTERNOON TEA							
DINNER							
EXTRA							
						<b>三</b> 岁	
FLUID		ППП	ПП	ПП	ПП		
	9 9	8 8 8	н н	н н	нн	ы	
	WHAT HOW LONG HOW HARD NUMBER OF STEPS						
ACTIVITY							
Suggestions to help me achieve my goals tomorrow:							
Suggestions to help the active my goals tomorrow.							

Day	Date						
TIME	AMOUNT	FOOD & FLUID	)	NOTES			
BREAKFAST							
MORNING TEA							
LUNCH							
AFTERNOON TEA							
DINNER							
EXTRA							
LATET							
FLUID				866			
	WHAT	HOW LONG	HOW HARD N	NUMBER OF STEPS			
ACTIVITY							
Suggestions to 1	aln me achier	ve my goals tomor	row.				
Suggestions to help me achieve my goals tomorrow:							