

Name :

just type information in the cells in columns D and E- they will e

Day	Date	Meal Time	Food Eaten
1	1/19/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
2	1/20/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
3	1/21/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
4	1/22/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
5	1/23/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
6	1/24/11	Breakfast	
		Lunch	
		Snacks	

		Pre/Post WO	
		Dinner	
7	1/25/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
8	1/26/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
9	1/27/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
10	1/28/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
11	1/29/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
12	1/30/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
13	1/31/11	Breakfast	
		Lunch	
		Snacks	

		Pre/Post WO	
		Dinner	
14	2/1/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
15	2/2/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
16	2/3/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
17	2/4/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
18	2/5/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
19	2/6/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
20	2/7/11	Breakfast	
		Lunch	
		Snacks	

		Pre/Post WO	
		Dinner	
21	2/8/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
22	2/9/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
23	2/10/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
24	2/11/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
25	2/12/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
26	2/13/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
27	2/14/11	Breakfast	
		Lunch	
		Snacks	

		Pre/Post WO	
		Dinner	
28	2/15/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
29	2/16/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	
30	2/17/11	Breakfast	
		Lunch	
		Snacks	
		Pre/Post WO	
		Dinner	













