

	Day:	Day:	Day:
Martha McKittrick	Time / Food & Amount / Other Breakfast:	Time / Food & Amount / Other Breakfast:	Time / Food & Amount / Other Breakfast:
Food Records			
	Snack:	Snack:	Snack:
	Lunch:	Lunch:	Lunch:
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Weekly Goals:	Snack:	Snack:	Snack:
1	Dinner:	Dinner:	Dinner:
2			
3			
4			
5	Snack:	Snack:	Snack:
	Exercise:	Exercise:	Exercise:
	Water:	Water:	Water:

Day: Time / Food & Amount / Other	Day: Time / Food & Amount / Other	Day: Time / Food & Amount / Other	Day: Time / Food & Amount / Other
Snack:	Snack:	Snack:	Snack:
Lunch:	Lunch:	Lunch:	Lunch:
Snack:	Snack:	Snack:	Snack:
Dinner:	Dinner:	Dinner:	Dinner:
Snack:	Snack:	Snack:	Snack:
Exercise:	Exercise:	Exercise:	Exercise:
Water:	Water:	Water:	Water: