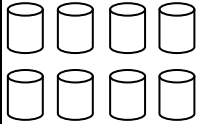
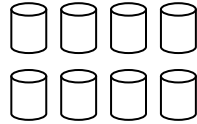
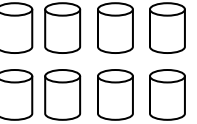
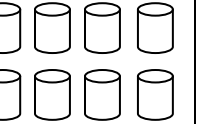
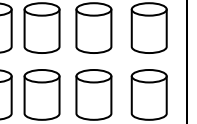
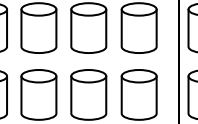
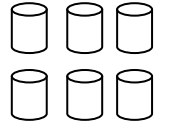




Weekly Food Diary



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|---|---|--|---|---|---|---|
| Date | | | | | | | |
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Drink other than Water | | | | | | | |
| Water |  |  |  |  |  |  |  |