Weekly Diet Tracker Week of January 1, 2007

	Breakfast	Snack	Lunch	Snack	Dinner	Totals
Monday 1						
		_				
					_	
	Calories	Calories	Calories	Calories	Calories	
Tuesday 2		_			_	
	Calories	Calories	_ Calories	Calories	Calories	_
Wednesday 3						
·						
		-			_	
	Calories	Calories	Calories	Calories	Calories	_
Thursday 4		_				
					_	
	Calories	Calories	_ Calories	Calories	Calories	_
Friday 5						
Thady 0						
					_	
	Calories	Calories	 Calories	Calories	Calories	
Saturday 6		_			_	
		_				
	Calories	Calories	Calories	Calories	Calories	_
Sunday 7						
Canady I						
	Calories	Calories	Calories	Calories	Calories	
	Calolies	Odiones				

Weekly Diet Tracker Week of January 8, 2007

	Breakfast	Snack	Lunch	Snack	Dinner	Totals
Monday 8						
						_
		_				
	Calories	Calories	 Calories	Calories	Calories	_
	Calones	Calones	_ Calones	_ Calones	_ Calones	_
Tuesday 9						
						_
		_				
	Calories	Calories	Calories	Calories	Calories	_
		04.01.00		00.01.00		
Wednesday 10						
		_				
		_				
	Calories	Calories	Calories	Calories	Calories	
						_
Thursday 11		_				
		_				_
		_				
	Calories	Calories	Calories	Calories	Calories	_
Friday 12		_				
		_		_		
		_				
	Calories	Calories	Calories	Calories	Calories	_
Saturday 13		_				
		_				_
		_				
	Calories	Calories	Calories	Calories	Calories	_
Sunday 14		_			_	_
	Calories	Calories	Calories	Calories	Calories	_

Weekly Diet Tracker Week of January 15, 2007

	Breakfast	Snack	Lunch	Snack	Dinner	Totals
Monday 15						
		_				
		_				
	Calories	Calories	Calories	Calories	Calories	_
Tuesday 16		_				
	Calories	Calories	_ Calories	Calories	Calories	_
Wednesday 17		_				
	Calories	Calories	_ Calories	_ Calories	_ Calories	_
Thursday 18						
marcaay 10						
	Colorias	Colorino	Colorino	Colorino	Colorias	
	Calories	Calories	_ Calories	_ Calories	_ Calories	_
Friday 19						
		_				
	Calories	Calories	Calories	Calories	Calories	
Saturday 20		_				_
		_				_
	Calories	Calories	Calories	Calories	Calories	_
Sunday 21						_
	Calories	Calories	_ Calories	Calories	Calories	_

Weekly Diet Tracker Week of January 22, 2007

	Breakfast	Snack	Lunch	Snack	Dinner	Totals
Monday 22						
•						
	Calories	Calories	_ Calories	Calories	Calories	_
Tuesday 23						
		_				
		_				
		_				
	Calories	Calories	_ Calories	Calories	Calories	_
Wednesday 24						
		_				_
						_
					_	_
	Calories	Calories	_ Calories	Calories	_ Calories	_
Thursday 25		_				_
		_				_
		_				
		_				_
	Calories	Calories	_ Calories	_ Calories	_ Calories	_
Friday 26					_	_
		_				_
					_	
	Colorino	Colorino	Colorino	Colorino	Colorias	_
	Calories	Calories	_ Calories	Calories	_ Calories	_
Cate malay 27						
Saturday 27						
		_			_	_
					_	
	Calories	Calories	Calories	Calories	Calories	
	34.01100	04.01100				
Sunday 28						
canaa, 20					_	
	Calories	Calories	Calories	Calories	Calories	

Weekly Diet Tracker Week of January 29, 2007

	Breakfast	Snack	Lunch	Snack	Dinner	Totals
Monday 29						
•						
	Calories	Calories	_ Calories	Calories	Calories	_
Tuesday 30						
		_				
		_				
		_				
	Calories	Calories	_ Calories	Calories	Calories	_
Wednesday 31						
		_				_
						_
					_	_
	Calories	Calories	_ Calories	_ Calories	_ Calories	_
Thursday 1		_				_
						_
					_	_
		_				_
	Calories	Calories	_ Calories	_ Calories	_ Calories	_
Friday 2					_	_
		_				
					_	
	Colorino	Colorino	Colorino	Colorino	Colorias	_
	Calories	Calories	_ Calories	_ Calories	_ Calories	_
Cate and a co						
Saturday 3						
		_			_	_
	Calories	Calories	Calories	Calories	Calories	
	04.01.00	04.01100				
Sunday 4						
- carraay i			_	_	_	
			_	_		
	Calories	Calories	Calories	Calories	Calories	