FOOD & ACTIVITY LOG

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Name:	Contact Number:
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	Time & Food (Estimate portion size/amount)	Activity (Type and length of time)
Monday	Breakfast	
Day/Date:	Lunch	
	Dinner	
Tuesday	Breakfast	
Day/Date:	Lunch	
	- Dinner	
Wednesday	Breakfast	
Day/Date:	Lunch	
	- Dinner	

	Time & Food (Estimate portion size/amount)	Activity (Type and length of time)
Thursday	Breakfast	(Type and length of time)
Day/Date:	Lunch	
	_	
	Dinner	
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Friday	Breakfast	
Day/Date:	Lunch	
	 Dinner	
	Diffile	
Saturday	Breakfast	
Day/Date:	Lunch	
Day/Date.		
	_	
	Dinner	
	D. I.C.	
Sunday	Breakfast	
Day/Date:	Lunch	
	Dinnor	
	Dinner	