

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Mon Water □□□□ □□□□						
Tues Water □□□□ □□□□						
Wed Water □□□□ □□□□						
Thurs Water □□□□ □□□□						
Fri Water □□□□ □□□□						
Sat Water □□□□ □□□□						
Sun Water □□□□ □□□□						

Activity/Exercise

Mon	Tues	Wed	Thurs	Fri	Sat	Sun