

Food & Activity Record

HEALTH EDUCATION

				Date					
nis week's goals									
	Breakfast	Lunch	Dinner	Snacks	Activity				
Sunday									
_ _									
Monday									
Fuesday									
 Wednesday									
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Thursday _									
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This week's goals									
Sunday _ 	Breakfast	Lunch	Dinner	Snacks	Activity				
Monday									
Tuesday									
Wednesday									
Thursday _ 									
Friday									
Saturday									

Date ____