

Date: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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③	B	B	B	B	B	B

⑤	S	S	S	S	S	S

④	L	L	L	L	L	L

⑥	S	S	S	S	S	S

⑦	S	S	S	S	S	S

①	D	D	D	D	D	D

②	S	S	S	S	S	S

P	M	P	M	P	M	P	M	P	M	P	M
V	G	V	G	V	G	V	G	V	G	V	G
FR	FT	FR	FT	FR	FT	FR	FT	FR	FT	FR	FT

Mind your P's: PLAN ahead. • PREPARE ahead. • PORTION control. • PACK night before. • PACE yourself all day.