eek:			Week:		
NY:	NON-FASTING DAY	800 DAY	DAY:	NON-FASTING DAY	4
EAKFAST		CALORIES	BREAKFAST		С
NCH			LUNCH		
NNER			DINNER		
NACK)			(SNACK)		
		TOTAL			
TRE WATER	MOOD (S	SLEEP	TRE WATER 10 12 14	MOOD C	SLE
СТІУІТУ			ACTIVITY		
WHAT WORKED?			WHAT WORKED?		