WEEK-AT-A-GLANCE MEAL MAP

WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
__:___am/pm **MONDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			PHASE 1
__:___am/pm **TUESDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			
__:___am/pm **WEDNESDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			PHASE 2
__:___am/pm **THURSDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			
__:___am/pm **FRIDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			PHASE 3
__:___am/pm **SATURDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			
__:___am/pm **SUNDAY**	_____	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm	__:___am/pm			