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week of _____

 Breakfast	 Lunch	 Dinner	 Snacks	 Fruits & Veggies <small>Eat at least 5 to 7 daily</small>	 Water <small>Aim to drink 64 oz.</small>
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Sunday				<p>Check off each one as you eat:</p>        	<p>Check off each glass as you drink:</p>        
Monday				<p>cross each one out as you eat:</p>        	<p>Check off each glass as you drink:</p>        
Tuesday				<p>cross each one out as you eat:</p>        	<p>Check off each glass as you drink:</p>        
Wednesday				<p>cross each one out as you eat:</p>        	<p>Check off each glass as you drink:</p>        
Thursday				<p>cross each one out as you eat:</p>        	<p>Check off each glass as you drink:</p>        
Friday				<p>cross each one out as you eat:</p>        	<p>Check off each glass as you drink:</p>        
Saturday				<p>cross each one out as you eat:</p>        	<p>cross out each glass as you drink:</p> 