

		Did this last for three and a half hours	Y/N
MONDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		
TUESDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		
WEDNESDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		
THURSDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		
FRIDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		
SATURDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		
SUNDAY	BREAKFAST		
	LUNCH		
	SNACK		
	DINNER		