
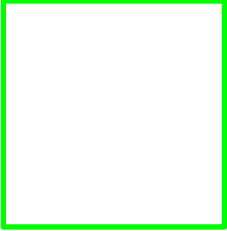


FOOD & EXERCISE JOURNAL

TOWARDS A HEALTHY LIFESTYLE

	SUNDAY Date:07/01	MONDAY Date:07/02	TUESDAY Date:07/03	WEDNESDAY Date:07/04	THURSDAY Date:07/05	FRIDAY Date:07/06	SATURDAY Date:07/07
BREAKFAST	-Cereal -Chocolate Milk	-Chocolate Milk -Banana	-Bread -Chocolate milk	-Bread -Chocolate milk 	-Banana -Bread -Chocolate milk	-Bread -Chocolate milk	-Pancakes
MORNING SNACK	Anything	-Orange Juice -Banana 	-Water -Cheese bread -Banana	-Traquinas -Banana	-Cereal -Banana	-Biscuit	Anything
LUNCH	-Meat -Lettuce	-strogonoff -rice	-Pasta -Rice	-Chicken -Rice	-Pasta -Rice	-escondidinho	-Hamburger -French fries

WATER	Nine cups: 	Seven cups: 	Nine cups: 	Nine cups: 	Seven cups: 	Nine cups: 	Eleven cups: 
EXERCISE	Anything	-Roller Skate 	Anything	-Ballet -Tap dance	-Physical Education	-Ballet -Tap dance -Contemporâneo -Ponta	-Contemporâneo