contender's Food Tracker							
Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u> </u>	-		•	•	<u> </u>	
Breakfast							
Morning Snack							
Lunch							
Afternoon Snack							
A TROTTIOON OF GOING							
Dinner							
Night Snack							
Fluid Intake							
a.aa.c							
Notes							
Primary Goal							Primary Achievement
Secondary Goal							Secondary Achievement
Intake Focus							Evaluation