DAILY TARGET ACTIVITIES CHART

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | TH | F | S | S |
| **LAST NIGHT’S SLEEP** |  |  |  |  |  |  |  |
| **BREAKFAST VEGGIES** |  |  |  |  |  |  |  |
| **2ND BREAKFAST STARCH** |  |  |  |  |  |  |  |
| **FRUIT** |  |  |  |  |  |  |  |
| **LUNCH STARCH** |  |  |  |  |  |  |  |
| **DINNER STARCH** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

DAILY TARGET ACTIVITIES CHART

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | TH | F | S | S |
| **LAST NIGHT’S SLEEP** |  |  |  |  |  |  |  |
| **BREAKFAST VEGGIES** |  |  |  |  |  |  |  |
| **2ND BREAKFAST STARCH** |  |  |  |  |  |  |  |
| **FRUIT** |  |  |  |  |  |  |  |
| **LUNCH STARCH** |  |  |  |  |  |  |  |
| **DINNER STARCH** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

DAILY TARGET ACTIVITIES CHART

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | TH | F | S | S |
| **LAST NIGHT’S SLEEP** |  |  |  |  |  |  |  |
| **BREAKFAST VEGGIES** |  |  |  |  |  |  |  |
| **2ND BREAKFAST STARCH** |  |  |  |  |  |  |  |
| **FRUIT** |  |  |  |  |  |  |  |
| **LUNCH STARCH** |  |  |  |  |  |  |  |
| **DINNER STARCH** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |