DAILY TARGET ACTIVITIES CHART

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

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| **LAST NIGHT’S SLEEP** |  |  |  |  |  |  |  |
| **BREAKFAST VEGGIES**  |  |  |  |  |  |  |  |
| **2ND BREAKFAST STARCH** |  |  |  |  |  |  |  |
| **FRUIT** |  |  |  |  |  |  |  |
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DAILY TARGET ACTIVITIES CHART

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| **LAST NIGHT’S SLEEP** |  |  |  |  |  |  |  |
| **BREAKFAST VEGGIES**  |  |  |  |  |  |  |  |
| **2ND BREAKFAST STARCH** |  |  |  |  |  |  |  |
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