

	Date	Breakfast		Lunch		Dinner		Bedtime		Comments
		Before	After	Before	After	Before	After	Before	After	
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Fasting Averages		7 Day.....		14 Day.....		30 Day.....				
Meal averages - before		7 Day.....		14 Day.....		30 Day.....				
Meal averages -after		7 Day.....		14 Day.....		30 Day.....				