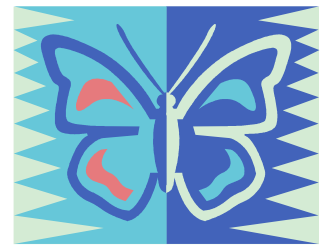


# Week Four Journal



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Physical Activity							
Overall Feelings for the day							
Comments for the Week							