Week 1: September 15th - 17th, 2021

|  | Breakfast | Lunch | Dinner | Did you exercise at least 20 minutes? | How are you feeling? |
| --- | --- | --- | --- | --- | --- |
| Wednesday, September 15th |  |  |  |  |  |
| Thursday, September 16th |  |  |  |  |  |
| Friday, September 17th |  |  |  |  |  |

Week 2: September 20th - 24th, 2021

|  | Breakfast | Lunch | Dinner | Did you exercise at least 20 minutes? | How are you feeling? |
| --- | --- | --- | --- | --- | --- |
| Monday, September 20th |  |  |  |  |  |
| Tuesday, September 21st |  |  |  |  |  |
| Wednesday, September 22nd |  |  |  |  |  |
| Thursday, September 23rd |  |  |  |  |  |
| Friday, September 24th |  |  |  |  |  |