

FOOD & EXERCISE JOURNAL

TOWARDS A HEALTHY LIFESTYLE

	SUNDAY Date:07/01	MONDAY Date:07/02	TUESDAY Date:07/03	WEDNESDAY Date:07/04	THURSDAY Date:07/05	FRIDAY Date:07/06	SATURDAY Date:07/07
BREAKFAST	-Cereal -Chocolate Milk	-Chocolate Milk -Banana	-Bread -Chocolate milk	-Bread -Chocolate milk	-Banana -Bread -Chocolate milk	-Bread -Chocolate milk	-Pancakes
MORNING SNACK	Anything	-Orange Juice -Banana	-Water -Cheese bread -Banana	-Traquinas -Banana	-Cereal -Banana	-Biscuit	Anything
LUNCH	-Meat -Lettuce	-strogonoff -rice	-Pasta -Rice	-Chicken -Rice	-Pasta -Rice	-escondidinho	-Hamburger -French fries

	-carrot -Chocolate	-lettuce -carrot -Chocolate	-Beans -Meat	-Beans -Lettuce	-Beans -Meat -Polenta frit		MADERO
AFTERNOON SNACK	-Popcorn	-water -banana -cheese bread	-Pistachio -Christmas biscuits	-Banana -Bread	-Yogurt -Cereal	-Popcorn	-Chocolate Milk -Banana
DINNER	-Lettuce -Pasta -Chocolate	-Rice -Beans -Meat -Carrot	-Pasta -Meat -Soup	-Chicken -Rice -Beans -Lettuce	-Soup	-Sushi	-Risoles
NIGHTTIME SNACK	-Chocolate milk	Anything	Anything	Anything	Anything	Anything	-Pop corn

WATER	Nine cups:	Seven cups:	Nine cups:	Nine cups:	Seven cups:	Nine cups:	Eleven cups:
EXERCISE	Anything	-Roller Skate	Anything	-Ballet -Tap dance	-Physical Education	-Ballet -Tap dance -Contemporâneo -Ponta	-Contemporâneo