

Meal and Exercise Related Feedback for AW

Please note any (big or small) adjustments, suggestions, ideas relating to the meal and exercise plan. Please note in particular any preferences and interests voiced by the AW

Date	Note
201601017	Cereal not a 'big hit' but oatmeal with varous condiments (jelly, honey, sugar, yougurt) he really likes.

Woodford's Family Services Residential Program			AW's Plan Week of: 3-20-16 to 3-26-16			Weekly Weigh-In:	
Weekly Menu Plan Sheet							
Day Date	Sunday 3/20	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25	Saturday 3/26
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [56]2 eggs over easy 2 pieces of toast /w jelly	<input type="checkbox"/> yes <input type="checkbox"/> no [113]Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [54]2 Blueberry Pancakes and 2 eggs	<input type="checkbox"/> yes <input type="checkbox"/> no [113]Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [48]Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [113]Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [56]2 eggs over easy 2 pieces of toast /w jelly
	<input type="checkbox"/> yes <input type="checkbox"/> no [12]Italian Sub in a Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [63]Turkey & Cheese Wrap tomato carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [11]Chicken Caesar Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [63]Turkey & Cheese Wrap tomato carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [63]Turkey & Cheese Wrap tomato carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [64]Leftover Pork Roast /w Apple Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [65]1 Grilled Cheese sandwich w/ tomato apple slices
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [0]	<input type="checkbox"/> yes <input type="checkbox"/> no [3]Soft Tacos With Spicy Chicken /w carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [108]Subway Meal	<input type="checkbox"/> yes <input type="checkbox"/> no [20]Garlic Chicken and Zucchini	<input type="checkbox"/> yes <input type="checkbox"/> no [82]Pork Roast /w Apple Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [80]Homemade Pizza with side salad	<input type="checkbox"/> yes <input type="checkbox"/> no [81]Turkey Burger /w sweet potato fries
	Snacks [#91]Carrots /w Humus [#92]Cucumbers /w Humus [#106]Cottage Cheese [#36]1 Banana						
Excercise (activity + time)	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no