

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	

Weekly Menu Plan Sheet

Week of: April 17 to April 23

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [4] Spinach, Egg and Cheese Breakfast Wrap	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [113] Bran Flakes and Yogurt	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [113] Bran Flakes and Yogurt	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [49] 2 Eggs w/ Cheese jelly toast apple	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [113] Bran Flakes and Yogurt
	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [58] Tunafish Sandwich Mixed Berry & Yogurt Parfait	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [59] Turkey and Cheese on wheat wrap Apple Cucumber	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [60] Turkey & Cheese Wrap peanuts carrots	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [59] Turkey and Cheese on wheat wrap Apple Cucumber	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [60] Turkey & Cheese Wrap peanuts carrots	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [60] Turkey & Cheese Wrap peanuts carrots	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [61] Leftover Pizza
Dinner	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [0]	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [1] BLT Turkey Wrap	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [108] Subway Meal	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [19] Spaghetti and Turkey Meatball /w salad	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [79] Sloppy Joe /w green pepper and onion /w salad	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [17] Roasted Tomato and Artichoke Flatbread Pizza	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div> [7] Banh Mi Hot Dog /w peas
	Snacks	[#43] Triscuits /w Humus [#89] Raisins [#109] Medium Granny Smith Apple [#90] Pretzels & PB [#36] 1 Banana					
Excercise (activity time)	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes<input type="checkbox"/> no</div>

Weekly Menu Plan Sheet

Week of: April 24 to April 30

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 <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 [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	<input type="checkbox"/> yes <input type="checkbox"/> no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch	<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 <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 sandwiche w/ tomato apple slices
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [0]	<input type="checkbox"/> yes <input type="checkbox"/> no [3] Bean Quesadillas	<input type="checkbox"/> yes <input type="checkbox"/> no <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	<div>[#91] Carrots /w Humus [#92] Cucumbers /w Humus [#106] Cottage Cheese [#36] 1 Banana</div>						
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 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

Weekly Menu Plan Sheet

Week of: May 1 to May 7

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: May 8 to May 14

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: May 15 to May 21

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [52] 2 Pancakes Yogurt Banana	<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 [50] Raisin Bran (1 cup) /w skim milk (1/2 cup) Wheat English muffin /w peanut butter	<input type="checkbox"/> yes <input type="checkbox"/> no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	<input type="checkbox"/> yes <input type="checkbox"/> no no [51] 2 Eggs 1 orange Yogurt
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [3] Bean Quesadillas	<input type="checkbox"/> yes <input type="checkbox"/> no [77] Tunafish and relish Wrap Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices	<input type="checkbox"/> yes <input type="checkbox"/> no [77] Tunafish and relish Wrap Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [78] Turkey Burger small salad	<input type="checkbox"/> yes <input type="checkbox"/> no [77] Tunafish and relish Wrap Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no no [11] Chicken Caesar Salad
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [0]	<input type="checkbox"/> yes <input type="checkbox"/> no [1] BLT Turkey Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [108] Subway Meal	<input type="checkbox"/> yes <input type="checkbox"/> no [86] Turkey Burger Stuffed Bell Pepper /w peas /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [87] Fish Chowder /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [102] BBQ Pulled Pork /w Brown Rice /w corn	<input type="checkbox"/> yes <input type="checkbox"/> no no [4] Spinach, Egg and Cheese Breakfast Wrap
Snacks	[#101] Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#103] Apples with PB [#36] 1 Banana						
Excercise (activity time)	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no 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