



|            |         |         |         |         |         |                   |              |
|------------|---------|---------|---------|---------|---------|-------------------|--------------|
| <b>Fri</b> | Meal #1 | Meal #2 | Meal #3 | Meal #4 | Meal #5 | Meal #6 if needed | HR/S for Day |
|            | LP:     | LP:     | LP:     | LP:     | LP:     | LP:               | HF:          |
|            | SCC:    | SCC:    | SCC:    | SCC:    | SCC:    | SCC:              | S:           |
|            | CCFV:   | CCFV:   | CCFV:   | CCFV:   | CCFV:   | CCFV:             |              |
|            | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O:           |              |
| <b>Sat</b> | Meal #1 | Meal #2 | Meal #3 | Meal #4 | Meal #5 | Meal #6 if needed | HR/S for Day |
|            | LP:     | LP:     | LP:     | LP:     | LP:     | LP:               | HF:          |
|            | SCC:    | SCC:    | SCC:    | SCC:    | SCC:    | SCC:              | S:           |
|            | CCFV:   | CCFV:   | CCFV:   | CCFV:   | CCFV:   | CCFV:             |              |
|            | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O:           |              |
| <b>Sun</b> | Meal #1 | Meal #2 | Meal #3 | Meal #4 | Meal #5 | Meal #6 if needed | HR/S for Day |
|            | LP:     | LP:     | LP:     | LP:     | LP:     | LP:               | HF:          |
|            | SCC:    | SCC:    | SCC:    | SCC:    | SCC:    | SCC:              | S:           |
|            | CCFV:   | CCFV:   | CCFV:   | CCFV:   | CCFV:   | CCFV:             |              |
|            | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O: | Qz H2O:           |              |

Notes/Comments: