

Week Commencing	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Breakfast</b>							
<b>Mid-morning</b>							
<b>Lunch</b>							
<b>Mid-afternoon</b>							
<b>Evening meal</b>							
<b>Evening</b>							
<b>What went well today with my eating and drinking?</b>							
<b>Ideas to help improve my eating and drinking for tomorrow</b>							