

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>breakfast</b>							
<b>snack</b>							
<b>lunch</b>							
<b>snack</b>							
<b>dinner</b>							
<b>snack</b>							
<b>exercise</b>							