|  |  |  |  |
| --- | --- | --- | --- |
|  | **Food (meals, snacks)** | **Exercise (walking, games)** | **Rest/Relaxation** |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |