

<b>Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>				
<b>Lunch</b>				
<b>Tea / Dinner</b>				
<b>Snacks</b>				
<b>Steps</b>				

<b>Day</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Tea / Dinner</b>			
<b>Snacks</b>			
<b>Steps</b>			