Starch Targets

Weekly goal is 80% or at least 34 targets out of 42

For week of	to _		Wei	ght			
Daily Targets	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starch breakfast							
Starch Lunch							
Starch Dinner							
Fruit							
Salad							
Exercise							
Daily Totals							
					Total for	the week	
For week of	to _		Weight				
Daily Targets	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starch breakfast							
Starch Lunch							
Starch Dinner							
Fruit							
Salad							
Exercise							
Daily Totals							
Total for the week							
					iotai ioi	the week	
For week of	to _		_ Wei	ght	Total for	the week	
For week of	to _	Monday	Weiq	ght Wednesday	Thursday	Friday	Saturday
							Saturday
Daily Targets							Saturday
Daily Targets Starch breakfast							Saturday
Daily Targets Starch breakfast Starch Lunch							Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner							Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit							Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad							Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise					Thursday		Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals For week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals For week of Daily Targets	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals For week of Daily Targets Starch breakfast	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
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Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals For Week of Daily Targets Starch breakfast Starch Lunch Starch Dinner	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals For week of Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad Exercise Daily Totals For week of Daily Targets Starch breakfast Starch Lunch Starch Dinner Fruit Salad	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	