Food	Used	Bal.	Food	Used	Bal.	Food	Used	Bal.	Food	Used	Bal.	Food	Used	Bal.	Food	Used	Bal.

Water	Water	Water	Water	Water	Water
Fr & Veg	Fr & Veg	Fr & Veg	Fr & Veg	Fr & Veg	Fr & Veg
Dairy	Dairy	Dairy	Dairy	Dairy	Dairy
Oils	Oils	Oils	Oils	Oils	Oils
Vitamin	Vitamin	Vitamin	Vitamin	Vitamin	Vitamin
Activity	Activity	Activity	Activity	Activity	Activity

Weekly Points