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Borough Park Ext. 816 | Flatbush Ext. 817 | Williamsburg Ext. 818 | Five Towns Ext. 820 | Lakewood Ext. 821 | Monsey Ext. 822  
Monroe Ext. 823 | Jerusalem Ext. 824 | Queens Ext. 825 | Upstate Ext. 826 | Deal Ext. 827 | TAP Cafe Ext. 806

Day	Breakfast	Snack	Lunch	Snack	Dinner	Treat	Exercise
_____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	
Water:							
_____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	
Water:							
_____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	
Water:							
_____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	
Water:							
_____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	
Water:							
_____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	
Water:							

VICTORIES:

Week of : \_\_\_\_\_

NOTES: