

Day/Date	week 30	carbs	exercise after meals	sugars
Friday	fasting			
6/6/2008				
Breakfast				
snack				
Lunch				
snack				
Dinner				
snack				
				0
				total carbs
Saturday	fasting			
Breakfast				
snack				
Lunch				
snack				
Dinner				
snack				
				0
				total carbs

Day/Date	week 30	carbs	exercise after meals	sugars
Sunday	fasting			
	Breakfast			
	snack			
	Lunch			
	snack			
	Dinner			
	snack			
				0
Monday	fasting			total carbs

	Breakfast			
	snack			
	Lunch			
	snack			
	Dinner			
	snack			
				0
				total carbs

Day/Date	week 30	carbs	exercise after meals	sugars	
Tuesday	fasting				
Breakfast					
snack					
Lunch					
snack					
Dinner					
snack					
				0	total carbs
Wednesday	fasting				
Breakfast					
snack					
Lunch					
snack					
Dinner					
snack					
				0	total carbs

Day/Date	week 30	carbs	exercise after meals	sugars
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Thursday fasting

Breakfast

snack

Lunch

snack

Dinner

snack

		0	total carbs
Weekly Carb Totals		0	
My Target Amounts		1225	
Comparison between the two		1,225	