

NIBBLER'S CHART

Instructions: Fill in each hour of each day with black if you eat nothing during that hour, with green if you eat and stay "on" your meal plan, and with red if you eat anything "off" your meal plan. All snacks must be recorded.

[illegible]

SAMPLE

MONDAY			
ON	NONE	OFF	
			breakfast
			cookie
			lunch
			chips
			bites while cooking
			dinner
			allowed snack