## 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.

TIME	SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
	ON	NONE	OFF	ON	NONE	OFF	ON	NONE	OFF	QN	NONE	OFF	ON	NONE	OFF	ON	NONE	OFF	ON	NONE	OFF
5 AM																					
8 AM																		,			
7 AM																		,			
8 AM																					
9 AM			*****								1				***************************************			,			
10 AM																					
11 AM																		************			
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7 PM			•																		***************************************
в РМ																					
PM ·			· · · · · ·	`							1,7										
10 PM									•												
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## SAMPLE

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ON	NONE	OFF	·
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			breaklast
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			cookie
			lunch
	,		chips
į			bites while cooking
			dinner
			allowed snack
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