

<b>Food Log</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
<b>Monday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						
<b>Tuesday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						
<b>Wednesday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						
<b>Thursday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						
<b>Friday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						
<b>Saturday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						
<b>Sunday</b>						
<b>Menses</b>						
<b>Mood/Energy</b>						