

B	Breakfast	Lunch	Dinner	Activity	log
Tue, Feb 17	240	612	765	Aerobics 30m, 138	I felt like the aerobics chalanged my flexibility, and I felt quite energetic that day.
Wed, Feb 18	0	812	1138	0m,0	I was a little tired today but overall had a good day
Thu, Feb 19	269	-	-	Yoga, 20m, 35	Today my muscles were really tight and sore and yoga was a little hard
Fri, Feb 20	0	830	1138	0m,0	My Muscles were tight and sore again today but it felt good to move them
Sat, Feb 21	938	0	1131	0m,0	I feel really tired today but as the day went on I became more awake but was still a bit tired
Sun, Feb 22	1087	350	734	0m,0	Today I thought that I was a little cranky and didn't want to do anything
Mon, Feb 23	149	866	670	Walking 120m, 345	I didn't want to do anything I had to do today but had a good time doing them
Tue, Feb 24	484	1127	1114	Walking 180m, 518	I felt really good by the end of the day and thought I got allot of work done
Wed, Feb 25	0	635	714	0m,0	I had an overall good day today and got allot of work done
Thu, Feb 26	720	747	388	Walking 180m, 518	I had work today I didn't really have a good or bad day it was just a day
Fri, Feb 27	-	-	-	-	-
Sat, Feb 28	376	1056	510	Walking 240m, 691	Today was a good day with good attitude
Sun, Mar 1	-	-	-	-	-
Mon, Mar 2	-	-	-	-	-
Tue, Mar 3	636	736	1106	0m,0	I didn't get much done today but I had a relaxing day
Wed, Mar 4	0	1254	1520	Walking 210m, 604	Today I felt no different than any other day
Thu, Mar 5	120	833	300	0m, 0	I felt just fine today not much went wrong
Fri, Mar 6	298	829	502	Walking 120m, 345	Today I felt tired and drained of energy but I powered through
Sat, Mar 7	709	766	518	0m,0	Today I was tired and had a headace and slept most of the day because of the way I felt
Sun, Mar 8	315	621	976	0m,0	Today I was filled with energy but stayed home
Mon, Mar 9	249	1074	970	0m,0	Today I was very allert and got allot of work done
Tue, Mar 10	-	987	837	Walking 150m, 432	Today I had work and didn't want to go but I felt fine all in all
Wed, Mar 11	298	939	922	0m,0	Today I was a bit drowsey, I got through the day none the less
Thu, Mar 12	-	-	-	-	-
Fri, Mar 13	488	1179	828	0m,0	I felt greaft today not to mention that it is friday
Sat, Mar 14	-	-	-	-	-
Sun, Mar 15	-	-	-	-	-
Mon, Mar 16	233	812	919	0m,0	Today I rushed out of the house to make it to the bus, I made it but the rest of the day I got allot of wrok done
Tue, Mar 17	354	1290	608	0m,0	Today I felt good I had a large lunch
Wed, Mar 18	220	1655	1060	Walking 210m, 604	Today I was allert and had allot of stuff to do I was a little mad I had to work but it was an okay day
Thu, Mar 19	149	1249	1149	0m,0	Today I was tired and didn't get a whole lot of work done
Fri, Mar 20	149	724	596	-	Today I was glad that it was friday, I felt fine
Sat, Mar 21	464	160	711	0m,0	I was quite bored and felt very relaxed
Sun, Mar 22	633	233	766	0m,0	I was really tired today and reget staying up late the night before
Mon, Mar 23	0	643	976	0m,0	Today I was surprisingly awake and allert
Tue, Mar 24	0	1010	420	Walking 120m, 345, Walking -, 6	I got a lot of work done today and felt awake and well rested doing i
Wed, Mar 25	-	-	-	-	-
Thu, Mar 26	0	786	0	Aerobics 20m, 92, Walking 78	The aerobics that we did today wore me out
Fri, Mar 27	884	897	1343		I was sore from yesterday and didn't want to do anything
Sat, Mar 28	675	180	857	0m,0	-
Sun, Mar 29	682	521	1280	0m,0	-
Mon, Mar 30	298	682	1235	0m,0	-
Tue, Mar 31	150	801	1392	Walking 175m, 504	today I felt very awake and alert

