

EAT

Week of _____

DINNER			NOT DINNER	
SUN	Dine In	Dine Out	Take Out	BREAKFAST
MON	Dine In	Dine Out	Take Out	
TUE	Dine In	Dine Out	Take Out	LUNCHES
WED	Dine In	Dine Out	Take Out	
THU	Dine In	Dine Out	Take Out	SNACKS
FRI	Dine In	Dine Out	Take Out	
SAT	Dine In	Dine Out	Take Out	OTHER

EAT

Week of _____

DINNER			NOT DINNER	
SUN	Dine In	Dine Out	Take Out	BREAKFAST
MON	Dine In	Dine Out	Take Out	
TUE	Dine In	Dine Out	Take Out	LUNCHES
WED	Dine In	Dine Out	Take Out	
THU	Dine In	Dine Out	Take Out	SNACKS
FRI	Dine In	Dine Out	Take Out	
SAT	Dine In	Dine Out	Take Out	OTHER