

Sheet1

DATE,D WEIGHT,N,3,0 BREAKFST\_G,N,3,0 BREAKFST\_I,N,3,0 BFAST\_TIME,C,5

Sheet1

BFAST\_NOTE,C,1 LUNCH\_GLU,N,3,0 LUNCH\_INS,N,3,0 LUNCH\_TIME,C,5 LUNCH\_NOTE,C,1

Sheet1

DINNER\_GLU,N,3,0 DINNER\_INS,N,3,0 DINNR\_TIME,C,5 DINNR\_NOTE,C,1 BEDTIME\_GL,N,3,0

Sheet1

BEDTIME\_IN,N,3,0 BEDTM\_TIME,C,5 BEDTIM\_NOT,C,1 TF,L