

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