

Sheet1

DATE,D WEIGHT,N,3,0 RISING,N,4,0 R_TIME,C,5 R_NOTE,C,1 BREAKFAST,N,4,0 B_TIME,C,5

Sheet1

B_NOTE,C,1 LUNCH,N,4,0 L_TIME,C,5 L_NOTE,C,1 DINNER,N,4,0 D_TIME,C,5 D_NOTE,C,1

BEDTIME,N,4,0 N_TIME,C,5 N_NOTE,C,1 TF,L