



The Downtown Sports Clinics - Barclay Centre
#250, 444 7th Ave SW
Calgary, AB T2P 0X8
Phone: 403-233-7007

Monday:

Tuesday:

Wednesday:

Thursday:

Breakfast:	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Snack:	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____

Lunch:	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Snack:	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____

Dinner:	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Snack:	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____



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Friday:

Saturday:

Sunday:

Notes:

	Friday:	Saturday:	Sunday:	Notes:
Breakfast:	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	_____ _____ _____
Snack:	Time: _____ _____	Time: _____ _____	Time: _____ _____	_____ _____
Lunch:	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	_____ _____ _____
Snack:	Time: _____ _____	Time: _____ _____	Time: _____ _____	_____ _____
Dinner:	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	_____ _____ _____
Snack:	Time: _____ _____	Time: _____ _____	Time: _____ _____	_____ _____