



The Downtown Sports Clinics - TD Square  
 300, 304 – 8th Ave S.W.  
 Calgary, AB T2P 1C2  
 Phone: (403) 233-7007

## Monday:

## Tuesday:

## Wednesday:

## Thursday:

<b>Breakfast:</b>	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

<b>Snack:</b>	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____

<b>Lunch:</b>	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

<b>Snack:</b>	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____

<b>Dinner:</b>	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

<b>Snack:</b>	Time: _____	Time: _____	Time: _____	Time: _____
	_____	_____	_____	_____



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## 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: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_