

[illegible]

monthly weight in

month	weight	height
Jan.		
Feb.		
Mar.		
Apr.		
May		
June		
July		
Aug.		
Sept.		
Oct.		
Nov.		
Dec.		

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A worksheet titled "monthly check-in" with a decorative pink header. Below the title is a grid of 12 boxes arranged in 4 rows and 3 columns. Each box has a small pink label in the top right corner, likely for the date. The grid is intended for students to track their mood or feelings throughout the month.

12 Week Sample App

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Day	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Monday	Breakfast	Lunch	Snack	Dinner	Dessert
Tuesday	Breakfast	Lunch	Snack	Dinner	Dessert
Wednesday	Breakfast	Lunch	Snack	Dinner	Dessert
Thursday	Breakfast	Lunch	Snack	Dinner	Dessert
Friday	Breakfast	Lunch	Snack	Dinner	Dessert
Saturday	Breakfast	Lunch	Snack	Dinner	Dessert
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Wednesday	Breakfast	Lunch	Snack	Dinner	Dessert
Thursday	Breakfast	Lunch	Snack	Dinner	Dessert
Friday	Breakfast	Lunch	Snack	Dinner	Dessert
Saturday	Breakfast	Lunch	Snack	Dinner	Dessert
Sunday	Breakfast	Lunch	Snack	Dinner	Dessert

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What the gophers

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	1st	2nd	3rd	4th	5th
1st					
2nd					
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7th					
8th					
9th					
10th					
11th					
12th					

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playless plates

		
		
		
		

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Before & After

Before	After
	1. 100 - 25
	2. 100 - 50
	3. 100 - 75
	4. 100 - 100
	5. 100 - 125
	6. 100 - 150
	7. 100 - 175
	8. 100 - 200
	9. 100 - 225
	10. 100 - 250

Before

After

1. 100 - 25

2. 100 - 50

3. 100 - 75

4. 100 - 100

5. 100 - 125

6. 100 - 150

7. 100 - 175

8. 100 - 200

9. 100 - 225

10. 100 - 250

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40. 100 - 1000

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182. 100 - 4

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Raffaela Di Napoli



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