









Dr. Cathleen MacDonald, BScN, N.D.   
 6156 Quinpool Road, Suite 201 Halifax, NS B3L 1A3  
[info@cathleenmacdonald.ca](mailto:info@cathleenmacdonald.ca) 902-452-2070

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Date</b>							
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							
<b>Energy Level 1-10</b>							
<b>Water</b>							
<b>Exercise</b>							