

Name:		Field notes			Week of _____	
Day	Date	Time	Location	Notes	Mass	
					(Balanced Diet, Protein/Fat/Carb)	(Protein/Fat/Carb)
1						
	# of people:					
	special activities:					
2						
	# of people:					
	special activities:					
3						
	# of people:					
	special activities:					
4						
	# of people:					
	special activities:					
5						
	# of people:					
	special activities:					
6						
	# of people:					
	special activities:					
7						
	# of people:					
	special activities:					