| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|---|
| Petit déjeuner | | | | | | | |
| Collation ? | | | | | | | |
| Déjeuner | | | | | | | |
| Collation ? | | | | | | | |
| Diner | | | | | | | |
| Collation ? | | | | | | | |
| Apport en eau | | | | | | | |
| Notes (sensation de faim, fatigue etc) | | | | | | | |