Date	BREAKFAST		LUNCH		DINNER/BEFORE BED		
	Time	before brk or 2 hrs after	Time	before lunch or 2 hrs after	Time	b/f dinner, 2 hrs after dinner	
		1					<u> </u>
							-
		^			The same of the sa		
and the second s						·	
					The second secon		
-		~ · · · · · · · · · · · · · · · · · · ·					
					and the same of th		
				1	The second second		