

# California Cadet Corps Personal Wellness Journal

Cadet Name Joe Cadet

Week of 01-04 to 01-10

	Morning Meal	Afternoon Meal	Evening Meal	Snacks	Fitness Activities	Hours Sleep
Sunday	Fruit Loops banana 8 oz milk 1 slice of toast	Turkey sandwich with lettuce, tomato, and mayo 12 oz water	Chicken breast Mixed veggies Baked potatoe 8 oz fruit punch	Granola bar Orange 12 oz water (2)	hour basketball	7
Monday	Sweet roll Apple 8 oz milk	Cheese sandwich Fruit cup 12 oz water	12 oz steak Corn Mashed potatoes 12 oz water	Granola bar 16 oz diet coke 12 oz water (2)	Walked to school Mile run in cadets Walked to home	8
Tuesday	2 slices of toast 8 oz orange juice	Cheese and crackers Apple 12 oz water	Mixed Green Salad Lasagna Garlic bread 16 oz diet coke	French fries Grapes 12 oz water (2)	Walked to school Drill practice Walked to home 1 hour basketball	7
Wednesday						
Thursday						
Friday						
Saturday						