



## Webelos Fitness Activity Badge, Requirement 3

With a parent or other family member, plan a week of meals.

Name: \_\_\_\_\_

<b>Day \ Meal</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Supper</b>
<b>Sunday</b>			
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			