
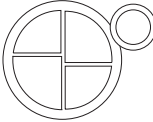
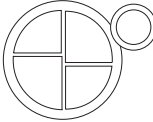
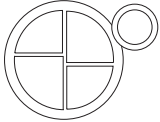

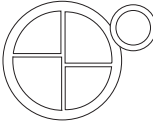
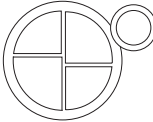
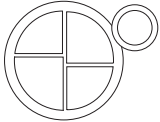

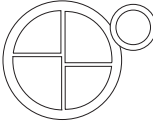
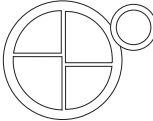
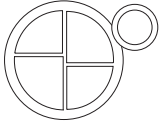

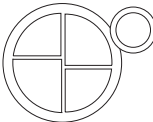
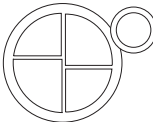


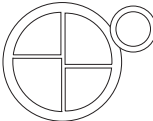
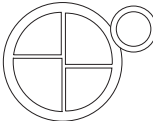
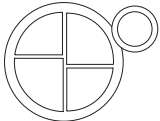






ACTIVITIES FROM THE RIPKEN PLAYBOOK



NUTRITION

	Breakfast	Lunch	Dinner	Snacks
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT	