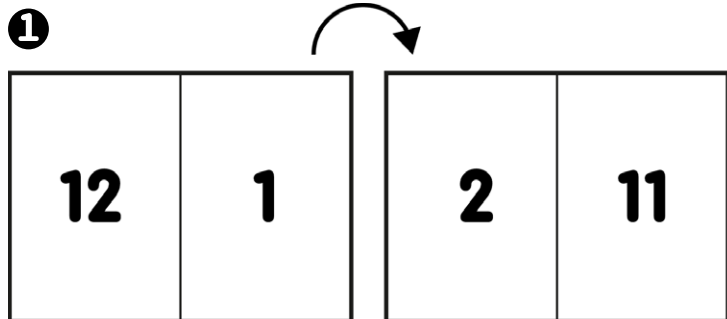
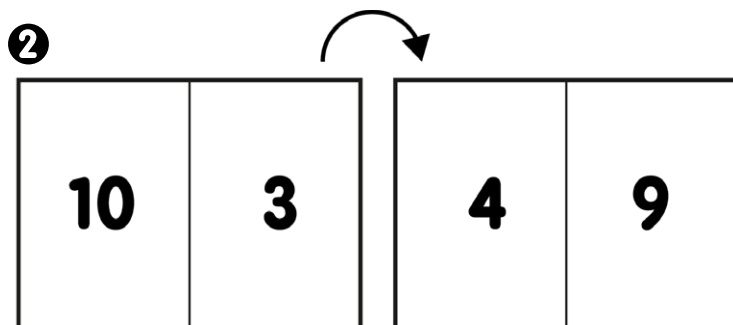


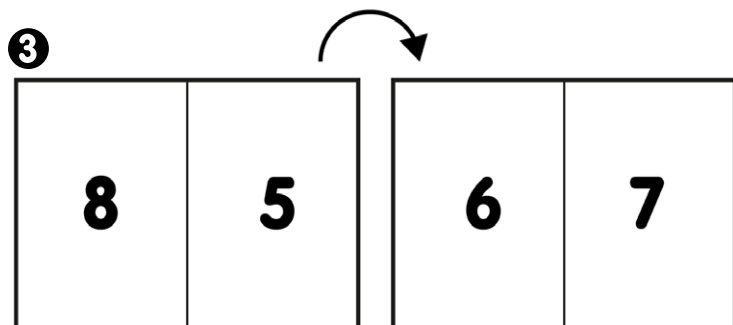
# Instructions



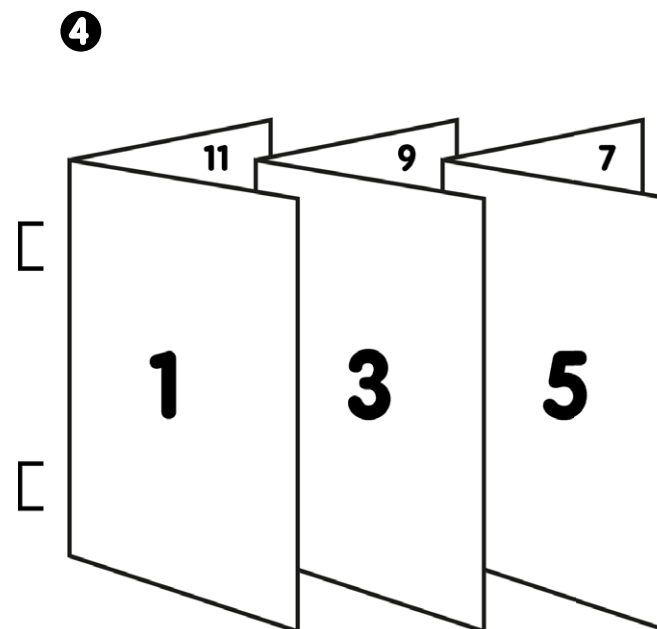
On one side, print the first page of the PDF (pages 12 and 1). On the reverse of that sheet, print the second page of the PDF (pages 2 and 11).



On a second sheet, print the third page of the PDF (pages 10 and 3). On the reverse of that sheet, print the fourth page of the PDF (pages 4 and 9).



On a third sheet, print the fifth page of the PDF (pages 8 and 5). On the reverse of that sheet, print the sixth page of the PDF (pages 6 and 7).



Your prints should look something like the diagram above. Staple the sheets together and you have a complete double sided nutrition diary.