Page Train	2. ing and Conditioning Questionnai	re					
3.	If you prescribe any particular	kind of n	nilk wo	uld voi	ind:	icate the e	extent
	to which you recommend it:						
	Ordinary whole milk C) 1	2	3	4	5	
	High in fat content) 1	2	3	4	5	
	Skimmed) 1	2	3	4	5	
	Buttermilk) 1	2	3	4.	5	
4.	If you prescribe milk as a part	of the tr	raining	diet.	place	a check m	ark ()
	opposite the time you prefer to have it drunk and another check mark (X)						
	opposite the time you do not wi						
	Drink milk every day at ev	The state of the s					
	Drink milk at evening meal	Concession of the Association of the Concession			egenancigan hoss ©		
	Drink milk at morning and		als		mangarahaming as		
	Drink milk at morning meal	Activate confinenciarios existen	Hermanican Resemblishment arm the little		ESIDING CHANGE		
	Drink milk just before a c	Annual Control of the	A CONTRACTOR OF THE PARTY OF TH	Commercial Control of the Control of	-		
	Drink milk the last two me			Test	nom-bringstonm.		
	Drink milk in the week bof	ore a cont	OST	in a red time and the complete	CACHING STREETS		
5.	Using the same scale as that em	nloved in	questi	on No-	7 19	ate the fol	lowing
	dairy products with relationshi						
	Cheese (any kind)	2 3	4	5			
	Mild yellow cheese 1	2 3	4	5			
	Limberger cheese 1	2 3	4	5			
	Cottage cheese 1	2 3	4	5			
	Strong cheese	2 3	1	5			
	Butter	2 3	4	5			
6	To reason meaning the short of the	-l	1	1	-17		
0.	If you prescribe cheese in the						other state
	the time you prefer to have it time you do not want it eaten:	eaten and	amound.	r cuecr		r (v) obb	osite the
	Eat cheese every day at ev	ery meal					
	Eat cheese at morning and	Chinalities	als	m-vana material descriptor deberages			
	Eat cheese at evening meal		ON COOK BUCKEN		cultura-elementare registration		
	Eat cheese at morning meal	Biretten framen first ten attent adheren					
	Eat cheese just before a c			on victorial production and the second			
	Eat cheese the meal before		The state of the s				
	Eat cheese the last two meals before a contest						
	Eat cheese in the week bof	ore the co	ntest	non-discould resident the resident to resident the resident to resident to resident to resident to resident to			
7.	Using the scale in question No.	7 ring t	he nim	her cor	resno	mding to t	he artent
	which butter is recommended in				* ~ ~ ~ ~ .		
	0 1			5			
8.	It is desirable to know which f	CANADA SERVICE AND CONTRACT OF THE SERVICE AND ADDRESS OF THE SERVICE AND A			The same of the sa		
	before a contest. Note the ratings which correspond to the letters below: A especially preferred on the last meal before contest.						
	Attraction of the same of the						
	B especially preferred on next to last meal before a contest. C might be eaten in moderation any time.						
	D should not be eaten the meal before a contest.						
	E should not be eaten on the day of the contest.						
	F should not be eaten for two days preceding a contest.						
	Place one of the above letters opposite each of the foods in the following list:						
	Corn flakes		110	neat-kr	99 (27) 9 (
	Post toasties			neatens			
	Cream of Wheat				bedwick ourselesses and the	t	
	Grape nuts			at meal		Material agreement with a department of the second named	
	Rice flakes			uffed w			
					-	ではないのかにはなるか。心はなるできたらではないないできません。 からからは できまり できまり できまり できまり できまり できまり できまり できまり	PARTIN AND THE PROPERTY OF THE PARTY OF THE

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