



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

July 19, 2024

REGIONAL MEMORANDUM

No. **807** 2024

FIELD VALIDATION FOR THE CAREER PROGRESSION PROFESSIONAL DEVELOPMENT (CPPD) CURRICULUM AND COURSES FOR TEACHERS

To: Schools Division Superintendents
Public Elementary and Secondary School Heads
All Others Concerned

- Attached is Memorandum DM-OUHROD-2024-1344, from Wilfredo E. Cabral, Office of the Undersecretary for Human Resource and Organizational Development, informing the field on the conduct of Online Field Validation for the Career Progression Professional Development (CPPD) Curriculum and Courses for Teachers (Phase 8) on July 12 to August 2, 2024.
- In relation to this, the School Division Offices, through the HRD section, should nominate committed and dedicated field validators who meet the following criteria: teachers with 3 or more years of service, master teachers, and head teachers, in accordance with the specified allocation numbers.

School Division Offices	Number of Field Validators (Teacher, Master Teacher, Head Teacher)
Baybay	10
Biliran	10
Borongan	10
Catbalogan	10
Catbalogan	10
Eastern Samar	10
Leyte	28
Maasin	10
Northern Samar	10
Ormoc	10
Samar	12
Southern Leyte	10
Tacloban	10
Total	150

- Enclose is the template for the nomination list of Field Validators for the Career Progression Professional Development (CPPD) Curriculum and Courses for Teachers. Email it to **neap.region8@deped.gov.ph** not **later than July 23, 2024**.

4. All 150 nominated field validators and the following personnel are requested to attend the online orientation on July 25, 2024, 9:00 – 11: am via MS Teams using the link <https://bit.ly/orientationforcppdfieldvalidators>.

Name	Office/Division
Elena S. De Luna	NEAP R
Ma. Luz I. Orbe	Catbalogan City
Cecilia A. Arga	Catbalogan City
Bonifacio T. Jerusalem	Samar
Angelico A. Dacallos, Jr.	Samar
Dora D. Daga-as	Catbalogan City
John Michael C. Jalayajay	Calbayog City
Rizi Mae J. Codal	Maasin City

5. Participants with complete submissions shall receive certificates from the NEAP Central Office which will be sent through their registered addresses. The following are the related links for the online validation:

A. Resource Material	bit.ly/CPDOnlineVal_RM
B. Online Validation Forms - Participants must validate all 7 domains	Domain 1 to 3 Validation Form: bit.ly/CPD1-3_ValidationTool Domain 4 to 7 Validation Form: bit.ly/CPD4-7_ValidationTool
C. Directory of focal persons who will be given access to forms	bit.ly/FieldValidation_FocalDirectory

6. Immediate dissemination of and compliance with this Memorandum are desired.


EVELYN R. FETALVERO CESO IV
 Regional Director

Enclosures: As stated

References: As stated

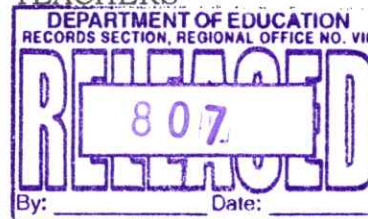
To be indicated in the Perpetual Index under the following subjects:

CAREER PROGRESSION

CPPD CURRICULUM

TEACHERS

NEAPR-MCP



Enclosure to Regional Memorandum No. 807 s. 2024

**NOMINATION LIST OF FIELD VALIDATORS FOR THE CAREER PROGRESSION
PROFESSIONAL DEVELOPMENT CPPD) CURRICULUM AND COURSES
FOR TEACHERS**

No.	Name	Email Address	Contact Number
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Add rows if necessary		

Prepared by:

HRD SEPS/EPS II

Approved by:

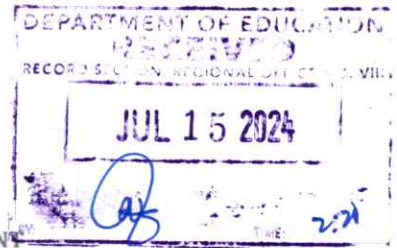
Schools Division Superintendent



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT



792

MEMORANDUM
DM-OUHROD-2024-1344



FOR : **ATTY. REVSEE A. ESCOBEDO**
Undersecretary for Operations

Regional Directors
Schools Division Superintendents
School Heads
All Others Concerned

FROM : **WILFREDO E. CABRAL**
Regional Director
Officer-in-Charge, Office of the Undersecretary for Human Resource and Organizational Development

SUBJECT : **FIELD VALIDATION FOR THE CAREER PROGRESSION PROFESSIONAL DEVELOPMENT (CPPD) CURRICULUM AND COURSES FOR TEACHERS**

DATE : 12 July 2024

1. Following the *Validation Activity: Workshop on the Development of the CPPD Curriculum and Courses (Phase 8)* with field personnel from Regional Offices, Schools Division Offices, and Schools held last 24-28 June 2024, an **Online Field Validation of the CPPD Program Outline for Teachers** shall be conducted.
2. Relative to this, **all Regional Offices**, through the Human Resource Development Division Chiefs/NEAP R Focal Persons together with the CPPD Phase 8 participants, **are requested to spearhead the said online field validation.**
3. **The target participants of the field validation are a total of 150 personnel per Regional Office**, composed of teachers who have been in service for 3 or more years, master teachers, and head teachers.
4. The online validation forms and other resources can be accessed through the links provided in the enclosures, **from 12 July to 02 August 2024.** Participants with complete submissions shall receive certificates from the NEAP Central Office which will be sent through their registered email addresses.

15 JUL 2024



Room 102, Rizal Building, DepEd Complex, Meralco Ave., Pasig City 1600
Telephone Nos.: (+632) 86337206, (+632) 86318494, (+632) 86366549
Email Address: usec.hrod@deped.gov.ph | Website: www.deped.gov.ph

Doc. Ref. Code	DM-OUHROD	Rev	00
Effectivity	03.23.23	Page	1 of 2



5. Please refer to the following enclosures for further details:

- a. **Enclosure 1** – Links to resources materials, online validation forms, and directory of focal persons who will be given access;
- b. **Enclosure 2** – List of CPPD Phase 8 participants who can be requested to facilitate the field validation; and
- c. **Enclosure 3** – DM-OUHROD-2024-1107 titled Validation Activity: Workshop on the CPPD Curriculum and Courses Phase 8 dated 06 June 2024.

6. For other questions and concerns, please coordinate with **Ms. Julie Lyka Ignao**, Project Development Officer II, NEAP Professional Development Division, through email julie.ignao@deped.gov.ph / neap.pdd@deped.gov.ph or Viber 09975670093.

7. For dissemination and appropriate action.

[NEAP/Vesagas/Varron]





Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

Enclosure 1

Related Links

A. Resource Materials	bit.ly/CPPDOnlineVal_RM
B. Online Validation Forms <ul style="list-style-type: none">Participants must validate all 7 domains.	Domain 1 to 3 Validation Form: bit.ly/CPPD1-3_ValidationForm Domain 4 to 7 Validation Form: bit.ly/CPPD4-7_ValidationForm
C. Directory of focal persons who will be given access to the forms	bit.ly/FocalValidation_RecipientsList



Republika ng Pilipinas
Department of Education

**OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT**

Enclosure 2

List of CPPD Phase 8 Participants

	NAME	Region	Modality
1	Bhenjo P. Agaloos	Cordillera Administrative Region (CAR)	Online
2	Rosita C. Agnasi	Cordillera Administrative Region (CAR)	Online
3	Nixon C. Elahe	Cordillera Administrative Region (CAR)	Face-to-Face
4	Annielyn M. Galla	Cordillera Administrative Region (CAR)	Face-to-Face
5	Nemia N. Lite	Cordillera Administrative Region (CAR)	Online
6	Alexander Mabanag	Cordillera Administrative Region (CAR)	Online
7	Daniel W. Tayaban	Cordillera Administrative Region (CAR)	Face-to-Face
8	Marilyn W. Zarate	Cordillera Administrative Region (CAR)	Face-to-Face
9	Milagros C. Banan	National Capital Region (NCR)	Face-to-Face
10	Imelda V. Boquiren	National Capital Region (NCR)	Face-to-Face
11	Rosco T. Caburian, Jr.	National Capital Region (NCR)	Online
12	Levita G. Cardenas	National Capital Region (NCR)	Face-to-Face
13	Rodolfo J. Colocar	National Capital Region (NCR)	Face-to-Face
14	Chelou D. Lasaca	National Capital Region (NCR)	Online
15	George Emanuel F. Martin	National Capital Region (NCR)	Online
16	Noel P. Miranda	National Capital Region (NCR)	Online
17	Kerwin M. Regis	National Capital Region (NCR)	Online
18	Arlene A. Abiang	Region I	Online
19	Russel Rex A. Abrera	Region I	Face-to-Face
20	Mary Joy C. Agsalon	Region I	Online
21	Edgardo P. Cosares	Region I	Face-to-Face
22	Cheryl B. De Guzman	Region I	Online
23	Marife Z. De Vera	Region I	Online
24	Darwin C. Nazareno	Region I	Face-to-Face
25	Juliet G. Resngit	Region I	Face-to-Face
26	Lorena C. Salvador	Region I	Face-to-Face



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

27	Jonalyn D. Callueng	Region II	Face-to-Face
28	Maricel S. Franco	Region II	Face-to-Face
29	Violeta B. Gasilao	Region II	Online
30	Rosalia B. Gutierrez	Region II	Online
31	Rushel A. Lazaro	Region II	Online
32	Romel L. Libang	Region II	Face-to-Face
33	Ruth Anne B. Tabios	Region II	Online
34	Elenita B. Ugot	Region II	Face-to-Face
35	Richard C. Agustin	Region III	Online
36	Marieta M. Cabenta	Region III	Online
37	Reynaldo S. Galang	Region III	Online
38	Maria Sandra Cristina V. Lagman	Region III	Face-to-Face
39	Lowie D. Lupos	Region III	Face-to-Face
40	Eleanor A. Manibog	Region III	Face-to-Face
41	Edna L. Severo	Region III	Online
42	Edgardo S. Serrano	Region III	Face-to-Face
43	Mary Jane P. Soriano	Region III	Face-to-Face
44	Stephen Tracy E. Tabamo	Region III	Online
45	Benjie M. Buendicho	Region CALABARZON	Face-to-Face
46	Henry P. Contemplacion	Region CALABARZON	Online
47	Emelia P. Crescini	Region CALABARZON	Face-to-Face
48	Mark Airon P. Creus	Region CALABARZON	Face-to-Face
49	Gina B. Dulce	Region CALABARZON	Face-to-Face
50	Aurora Du. Flores	Region CALABARZON	Online
51	Edward DJ. Garcia	Region CALABARZON	Online
52	Riza C. Garcia	Region CALABARZON	Online
53	Jaypee E. Lopo	Region CALABARZON	Online
54	Janet N. Suaverdez	Region CALABARZON	Online
55	Roberto A. Almedilla II	Region MIMAROPA	Face-to-Face



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

56	Marizel V. Axalan	Region MIMAROPA	Online
57	Aurora L. Caguia	Region MIMAROPA	Face-to-Face
58	Jerome S. Catamio	Region MIMAROPA	Face-to-Face
59	Maylyn G. Dilig	Region MIMAROPA	Online
60	Revalyn B. Echivarre	Region MIMAROPA	Face-to-Face
61	Louanne P. Pilapil	Region MIMAROPA	Online
62	Rebecca A. Sobremonte-Arellano	Region MIMAROPA	Face-to-Face
63	Marie Vic C. Velasco	Region MIMAROPA	Online
64	Cheryll V. Bermudo	Region V	Online
65	Myla B. Cordial	Region V	Online
66	Julia O. Jornales	Region V	Face-to-Face
67	Claudette M. Pillejera	Region V	Online
68	Ronaldo C. Reyes	Region V	Face-to-Face
69	Rez C. Salazar	Region V	Face-to-Face
70	Florenia C. Toralde	Region V	Online
71	Jolan B. Torres	Region V	Face-to-Face
72	Ma. Cynthia C. Balasote	Region VI	Face-to-Face
73	Christine Joy M. Batuigas	Region VI	Face-to-Face
74	Marwin D. Descalsota	Region VI	Face-to-Face
75	Joven Madera	Region VI	Face-to-Face
76	Jewel A. Oliveros	Region VI	Online
77	Evelyn C. Remo	Region VI	Face-to-Face
78	Love Grace H. Velasco	Region VI	Online
79	Julieta M. Abellana	Region VII	Face-to-Face
80	Vianney M. Abellanosa	Region VII	Online
81	Roy C. Genares	Region VII	Online
82	Lani G. Leyson	Region VII	Online
83	John Mick Fernandez	Region VII	Online
84	Nathanael M. Flores	Region VII	Face-to-Face



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

85	Merinisa J. Olvido	Region VII	Face-to-Face
86	Pamela A. Rodemio	Region VII	Online
87	Helen D. Sabino	Region VII	Face-to-Face
88	Ana May B. Taleon	Region VII	Online
89	Elvira N. Vergara	Region VII	Face-to-Face
90	Cecilia A. Arga	Region VIII	Face-to-Face
91	Rizi Mae J. Codal	Region VIII	Online
92	Angelico A. Dacallos, Jr.	Region VIII	Face-to-Face
93	Dora D. Daga-As	Region VIII	Online
94	Elena S. De Luna	Region VIII	Face-to-Face
95	John Michael C. Jalayajay	Region VIII	Online
96	Bonifacio T. Jerusalem	Region VIII	Face-to-Face
97	Ma. Luz I. Orbe	Region VIII	Face-to-Face
98	Mardie A. Acotanza	Region IX	Face-to-Face
99	Flobert C. Andajao	Region IX	Online
100	Meishel P. Batan	Region IX	Face-to-Face
101	Venus J. Catipay	Region IX	Face-to-Face
102	Jonathan N. Delos Reyes	Region IX	Online
103	Rambelle C. Flores	Region IX	Online
104	Hazel M. Hamili	Region IX	Face-to-Face
105	Rainerio M. Salomes	Region IX	Face-to-Face
106	Carlos B. Llamas, III	Region X	Face-to-Face
107	Said M. Macabago	Region X	Face-to-Face
108	Riza R. Nicor	Region X	Face-to-Face
109	Mary Jane S. Ramo	Region X	Face-to-Face
110	Mitchel V. Rodriguez	Region X	Face-to-Face
111	Silvano M. Camillo, Jr.	Region XI	Face-to-Face
112	Ronald B. Dedace	Region XI	Online
113	Isidra B. Despi	Region XI	Face-to-Face



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

114	Christopher P. Felipe	Region XI	Face-to-Face
115	Melanie B. Gagama	Region XI	Online
116	Mary Ann R. Laguitao	Region XI	Online
117	Jo Ann B. Mantog	Region XI	Face-to-Face
118	Alan J. Paglinawan, Jr.	Region XI	Face-to-Face
119	Janette G. Veloso	Region XI	Online
120	Emily F. Enoipe	Region XII	Online
121	Rob Masalon	Region XII	Online
122	Donna S. Panes	Region XII	Online
123	Prima A. Roullo	Region XII	Online
124	Rowena C. Calumpang	CARAGA	Online
125	Dorothy Joy C. Jalalon	CARAGA	Online
126	Jasmin R. Lacuna	CARAGA	Online
127	Elizabeth S. Larase	CARAGA	Face-to-Face
128	Hector DN. Macalalag	CARAGA	Online
129	John Michael A. Tuyor	CARAGA	Face-to-Face
130	Imee R. Vicariato	CARAGA	Face-to-Face
131	Elizabeth M. Ysulan	CARAGA	Face-to-Face



Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM

DM-OUHROD-2024-1107

FOR : ATTY. REVSEE A. ESCOBEDO
Undersecretary for Operations

Regional Directors
Schools Division Superintendents
School Heads
All Others Concerned

FROM : WILFREDO B. CABRAL
Regional Director
Officer-in-Charge, Office of the Undersecretary for Human Resource and Organizational Development

SUBJECT : VALIDATION ACTIVITY: WORKSHOP ON THE CAREER PROGRESSION PROFESSIONAL DEVELOPMENT (CPPD) CURRICULUM AND COURSES (PHASE 8)

DATE : 06 June 2024

- In support of the MATATAG Agenda and Executive Order No. 174, s. 2022 titled *Establishing the Expanded Career Progression System for Public School Teachers*, the National Educators Academy of the Philippines (NEAP) will conduct the **Validation Activity** for the formulation of the Career Progression Professional Development (CPPD) Curriculum and Courses, with schedule and details indicated below.

Dates	Activity	Terms of Reference	Venue
24-28 June 2024	Validation Activity: Workshop on the Development of the CPPD Curriculum and Courses (Phase 8)	Core Team: Resource Persons Participants: Validators	NEAP Marikina

- The objectives of the activity are as follows:
 - Validate the developed program outline for all indicators and teachers' career stages; and
 - Provide inputs to further improve the draft program outline.



3. Relative to this, **the Regional Offices are requested to nominate validators who will attend the activity.**
4. For reference, attached are the following documents:
 - a. *List of Participants from the Core National Technical Working Group (NTWG) (Enclosure 1);*
 - b. *Allocated Number of Nominated Participants/Validators per Level (Region, Division, and School) per Region and Qualifications of Participants (Enclosure 2);*
 - c. *Meal Provision Guide (Enclosure 3);* and
 - d. *Indicative Program of Activities for CPPD Phase 8 (Enclosure 4).*
5. The nominated participants as well as those listed in *Enclosure 1* are requested to confirm their participation through the registration link <https://bit.ly/CPPDV18> **on or before 18 June 2024.**
6. **Batch 1 Face-to-Face Participants** are advised to check in on 23 June 2024, 3:00 p.m. and check out on 26 June 2024, 12:00 p.m. while **Batch 2 Face-to-Face Participants** are advised to check in on 26 June 2024, 12:00 p.m. and check out on 28 June 2024, 5:00 p.m.
7. The face-to-face participants are reminded to bring their own laptops, chargers, extension cords, and other sources of internet connectivity (e.g., mobile data, pocket wifi, etc.).
8. **Batches 1 and 2 Online Participants** may join the activity based on the program schedule that can be found in *Enclosure 4*. The meeting link will be sent to the email addresses of online participants upon registration.
9. The participants of this activity are expected to conduct the **program outline online validation** involving teachers, master teachers, and head teachers on 08-09 July 2024. Pertinent details on the online validation will be provided during the Phase 8 CPPD workshop.
10. The participants' board and lodging will be charged against NEAP HRD Fund while transportation, per diem, and other incidental expenses will be charged to Regional Office/Schools Division Office/local funds subject to the usual accounting and auditing rules and regulations.
11. For other questions and concerns, please coordinate with **Ms. Julie Lyka Ignao**, Project Development Officer II, NEAP Professional Development Division, through email julie.ignao@deped.gov.ph / neap.pdd@deped.gov.ph or Viber 09975670093.
12. For dissemination and appropriate action.

[NEAP/Vesagus/Varron]



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY
 HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

Enclosure 1

List of Participants

No.	Name	Office	Position/Designation
Central Office			
1	Marife Morcilla	NEAP-PDD	Project Development Officer V
2	Richie Carla Vesagas		Senior Education Program Specialist
3	Ma. Carmila Clave		Education Program Specialist II
4	Julie Lyka Ignao		Project Development Officer II
5	Jufael Pulvosa		Project Development Officer II
6	Lara Grace Abaleta		Technical Assistant II
7	Mathew Bofete		Technical Assistant II
8	Eric Sarmiento	NEAP - OD	Administrative Officer V
CPPD Core Team			
9	Mark Anthony Idang	SDO Laguna	Education Program Supervisor
10	Filmore Caballero	SDO Valenzuela	Chief Education Supervisor
11	Irene Dayandante	SDO CamSur	Public Schools District Supervisor
12	Renato Felipe Jr.	SDO Manila	Public Schools District Supervisor
13	Lorna Medrano	SDO Lipa City	Chief Education Supervisor
14	Marylou Argamosa	SDO Ligao	Principal
15	Domingo Cueto	SDO Cavite Province	Principal
16	Enerio Ebisa	Region X, HRDD	Chief Education Supervisor
17	Sarah Ganancial	SDO Guimaras	Principal
Medical Officer			
18	Welfare Officer	SDO Marikina	Nurse/Medical Officer



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY
 HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

Enclosure 2

Qualifications of Validators

1. Must be familiar with the Philippine Professional Standards for Teachers (PPST) and other associated tools/documents.
2. Knowledgeable in curriculum development, teacher professional development and assessment, and teacher training, and
3. Did not attend any of the previous development workshops related to CPPD.

Slots Allocated of Nominated Participants per Region

Face-to-Face Validators			
BATCH 1 (June 24 - 26, 2024)	RO (HRDD or CLMD)	SDO (SGOD or CID)	School
	Chief or Supervisor	Chief or PSDS or EPS	School Heads
Region VI	1	2	2
Region VII	1	2	2
Region VIII	1	2	2
Region IX	1	2	2
Region X	1	2	2
Region XI	1	2	2
Region XII	1	2	2
CARAGA	1	2	2
Total	8	16	16
Online Validators			
BATCH 1 (June 24 - 26, 2024)	SDO (SGOD)	SDO (CID)	School
	HRTD SEPS	ASDS, PSDS, EPS	School Heads
Region VI	1	2	2





Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY
 HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

Region VII	1	2	2
Region VIII	1	2	2
Region IX	1	2	2
Region X	1	2	2
Region XI	1	2	2
Region XII	1	2	2
CARAGA	1	2	2
Total	8	16	16

Face-to-Face Validators			
BATCH 2 (June 26 - 28, 2024)	RO (HRDD or CLMD)	SDO (SGOD or CID)	School
	Chief or Supervisor	Chief or PSDS or EPS	School Heads
CAR	1	2	2
NCR	1	2	2
Region I	1	2	2
Region II	1	2	2
Region III	1	2	2
Region IV-A (CALABARZON)	1	2	2
Region IV-B (MIMAROPA)	1	2	2
Region V	1	2	2
Total	8	16	16



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

Online Validators			
BATCH 2 (June 26 - 28, 2024)	SDO (SGOD)	SDO (CID)	School
	HRTD SEPS	ASDS, PSDS, EPS	School Heads
CAR	1	2	2
NCR	1	2	2
Region I	1	2	2
Region II	1	2	2
Region III	1	2	2
Region IV-A (CALABARZON)	1	2	2
Region IV-B (MIMAROPA)	1	2	2
Region V	1	2	2
Total	8	16	16





Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY
 HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

Enclosure 3

Meal Provision Guide

Please be guided by the meal provision guide for the Set 1 and Set 2 participants of the CPPD Phase 8 validation activity.

1. For **Set 1 face-to-face participants**, the first meal to be served is dinner and the last meal is a morning snack. Please see the details below.

Meals	June 23, 2024 Sunday	June 24, 2024 Monday	June 25, 2024 Tuesday	June 26, 2024 Wednesday
Breakfast		✓	✓	✓
AM Snack		✓	✓	✓
Lunch		✓	✓	
PM Snack		✓	✓	
Dinner	✓	✓	✓	

2. For **Set 2 face-to-face participants**, the first meal to be served is lunch and the last meal is an afternoon snack. Please see the details below.

Meals	June 25, 2024 Tuesday	June 26, 2024 Wednesday	June 27, 2024 Thursday	June 28, 2024 Friday
Breakfast			✓	✓
AM Snack			✓	✓
Lunch		✓	✓	✓
PM Snack		✓	✓	✓
Dinner		✓	✓	

