

Food Log

<u>Day</u>	<u>Time</u>	<u>What Did You Eat?</u>	<u>What Did You Drink?</u>	<u>How Much? (Portion)</u>	<u>Why Did You Eat/Drink?</u>	<u>How Do You Feel?</u>
Monday						
Tuesday						



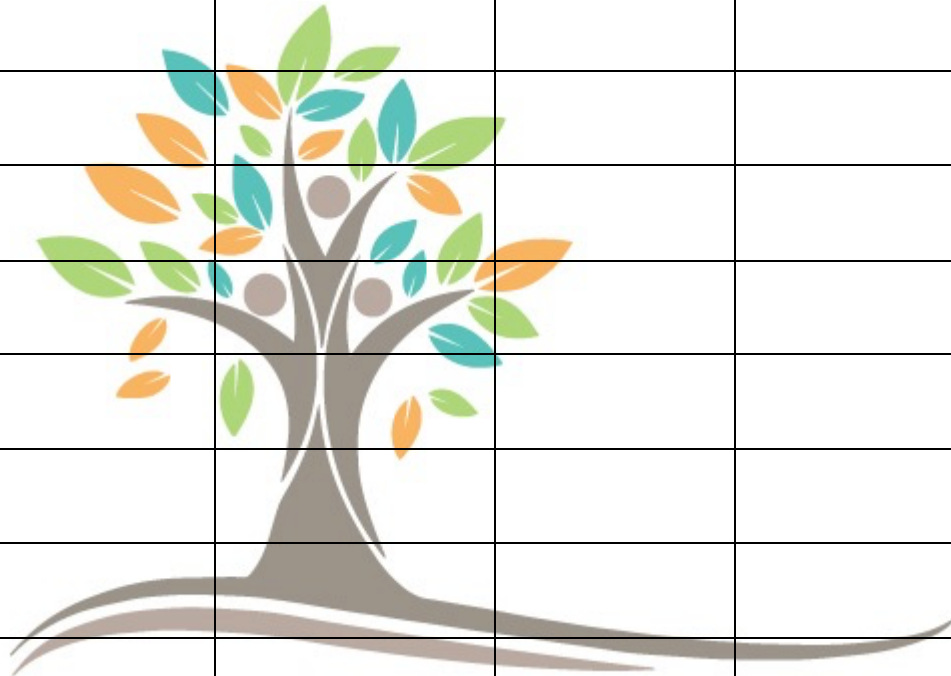
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Wednesday						
Thursday						



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Friday						
Saturday						



Food Log

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Sunday						

