

Food Journal

Monday

Food	Time	How did you feel after?

Drinks	
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Notes	
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Tuesday

Food	Time	How did you feel after?

Drinks	
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Notes	
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Wednesday

Food	Time	How did you feel after?

Drinks	
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Notes	
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Thursday

Food	Time	How did you feel after?

Drinks	
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Notes

Friday

Food	Time	How did you feel after?

Drinks

Notes

Saturday

Food	Time	How did you feel after?

Drinks

Notes