Food Diary

DAY ONE – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY ONE – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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Food Diary

DAY TWO – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY TWO – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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Food Diary

DAY THREE – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY THREE – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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Food Diary

DAY FOUR – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY FOUR – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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Food Diary

DAY FIVE – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY FIVE – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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Food Diary

DAY SIX – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY SIX – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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Food Diary

DAY SEVEN – FOOD

TIME	WHAT?	HOW MUCH?	WHY?	WHERE?	MOOD

DAY SEVEN – FLUIDS

WATER/CAFFEINE FREE TEA:	CAFFEINATED TEA/COFFEE:	MILK:	JUICE/SOFT-DRINK:	ALCOHOL:

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