FOOD JOURNAL

DATE	WEIGHT	UP/DOWN SLEI	EP	
Time	_ Hours Fasted	Hunger Scale	E/P	
Time	Hours Fasted	Hunger Scale	E/P	
This o	House Easted	Thursday Cools	TI/D	
Time	_ Hours Fasted	Hunger Scale		
What did you eat or drink that was not planned?				
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What are you most proud of about how you ate today?

What did you learn about how you ate today?

What was the over arching thought drama for the day?