

HOW'S YOUR DIGESTION?

Use this daily wellness tracker to see how your diet and lifestyle may be impacting your mood—and vice versa!

	DIET	H20	HERBS	MOOD	SLEEP	BOWEL WEIGHT MOVEMENT	EXERCISE	
MON	BREAKFAST	999			1 6	YES NO	YES	NO
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	DIET	H20	HERBS	MOOD	SLEEP	BOWEL MOVEMENT	WEIGHT	EXERCISE	
FRI	BREAKFAST		* * *	\odot	1 6	YES NO		YES	NO
	LUNCH		AM		2 7	AM		ACTIVITY:	
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SAT	BREAKFAST		* * *	©	1 6	YES NO		YES	NO
	LUNCH		AM		2 7	AM		ACTIVITY:	
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	DINNER (L)		PM		4 9 5 10	PM		DURATION:	mins
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	<u>©</u>		_/ X		3 8	/ X			
	DINNER (L)		PM		4 9 5 10	PM		DURATION:	mins