

Day 2

MEAL TIME	WHAT YOU ATE / DRANK AND HOW MUCH	NOTES
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Day 3

MEAL TIME	WHAT YOU ATE / DRANK AND HOW MUCH	NOTES
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FOOD JOURNAL

80% Full Meal Journal

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NAME

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DATE

MEAL TIME

WHAT DID YOU EAT

80% FULL?

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 Y N

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 Y N

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 Y N

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 Y N

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 Y N

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 Y N

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 Y N