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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
| **MON** | Breakfast TIme: |  |  |  |  |
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|  | Dinner: Time: |  |  |  |  |
|  | Snacks: Time: |  |  |  |  |
|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
| **TUES** | Breakfast TIme: |  |  |  |  |
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|  | Dinner: Time: |  |  |  |  |
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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
| **THUR** | Breakfast TIme: |  |  |  |  |
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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
| **FRI** | Breakfast: TIme: |  |  |  |  |
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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
| **SAT** | Breakfast: TIme: |  |  |  |  |
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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
| **SUN** | Breakfast: TIme: |  |  |  |  |
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|  |  | **What I ate** | **What I Drank** | **How I felt after** | **Mood/Emotions/Energy Level** |
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