

TABLE 7.3: MY DAILY FOOD JOURNAL

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Date:	Morning Weight:	Evening Weight:
Time	Food	Notes
6:00 am		
7:00		
8:00		
9:00		
10:00		
11:00		
12:00 pm		
1:00		
2:00		
3:00		
4:00		
5:00		
6:00		
7:00		
8:00		
9:00		
10:00		

COPY THIS FORM FOR YOUR OWN PERSONAL USE