

## FOOD JOURNAL - You are what you eat, so keep track and be honest!

Time	BM	Foods Eaten	Digestive / Mood reactions <small>(Feel bloated, tired, cranky, etc.)</small>

BM = Bowel movements. We're taking poop here, only mark with \* if it's a wee!

Hours of Sleep:

4 5 6 7 8 9 10

Exercise & interesting stuff:

Number of times you woke:

2 3 4 ... why?

Fluid you drank - 250ml (1 cup)

1 2 3 4 5 6 - what?

Summary of my cravings:

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