

Daily Food Diary - Date:

Time	Food or Drink	Serving Size	Hunger Level (1=starving, 5=full)	Mood	Alone or with others	Where

Drank Water 💹 🔛 🔛 🔛 🔛 🔛 🔛	Looking for new & healthy menu ideas?				
Multi-Vitamin 🗌					
Exercise	Search from 10,000 recipes at dLife.com/recipes				