doingbetternov	v's	
food	diary! (printable version)	

date:	amount	calories
Breakfast		
		<u> </u>
Lunch		
	7.0	
	ē	70 E
Diamen		
Dinner		
		7) (S
Snacks		
STIGCES		
	a.	
my mood today:	notes	
glasses of water I drank today:		

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