

**DAILY FOOD JOURNAL – Front**

Name: \_\_\_\_\_

Date and Day of Week	Breakfast/Meal	Lunch/Meal	Dinner/Meal	<b>Tell me about your day/night:</b> How was your sleep? Time to Bed ____ Time up ____  What do you feel like?  What Symptoms are here?  How's your energy?  Any Headaches? Exercise?
	Meal/Snack	Meal/Snack	Meal/Snack	
Water				<b>Bowel Movements</b> Indicate Number & Consistency
Symptom				
Date and Day of Week	Breakfast/Meal	Lunch/Meal	Dinner/Meal	How was your sleep?  Time to Bed ____ Time up ____  What do you feel like?  What Symptoms are here?  How's your energy?  Any Headaches? Exercise?
	Meal/Snack	Meal/Snack	Meal/Snack	
Water				<b>Bowel Movements</b> Indicate Number & Consistency
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