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food journal

name: date:

food and drink enter all foods, drinks (including water) and supplements taken

time	meal b,l,d,s	quantity	description	place	activity	mood
			% organic eaten today:			

bladder and bowel

time	urine	time	urine	time	b.m. size	consistency
	clear straw dark		clear straw dark		sm med lg	liquid soft med firm hard
	clear straw dark		clear straw dark		sm med lg	liquid soft med firm hard
	clear straw dark		clear straw dark		sm med lg	liquid soft med firm hard
	clear straw dark		clear straw dark		sm med lg	liquid soft med firm hard

please use this page to comment on any observations you have made today regarding your relationship with or responses to food	
time	observations

record exercise activities for the day		
time	duration	activity

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