

FOOD DIARY

Please record everything you eat, what time, how much and importantly, how you felt before and after eating. We're looking for patterns in your eating habits—both good and bad—and we're hoping this is your first step toward becoming more attuned with your body.

DAY & TIME	FOOD & DRINK	SERVING SIZE	HOW DID YOU FEEL BEFORE EATING?	AND AFTER?

FOOD DIARY CONTINUED

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