## My Food Diary



				and the same	
Date	Day of Week	Symptoms/Emotions	Breakfast	Lunch	Dinner
/ /	MTWTFSS				-
Snacks					
	000000				
Other Beverage	S:				
//	MTWTFSS				
Snacks					
Water o o o	000000				
Other Beverage					
/ /	MTWTFSS				
Snacks					
	000000				
Other Beverage:					
// Snacks	MTWTFSS				
SHACKS					
Water o o o	000000				
Other Beverage	s:				
/	MTWTFSS				
Snacks					
Water o o o	000000				
Other Beverage					
/ /	MTWTFSS				
Snacks					
	000000				
Other Beverage					
//	MTWTFSS				
Snacks					
		-			
Water o o o	000000				
Other Beverage					