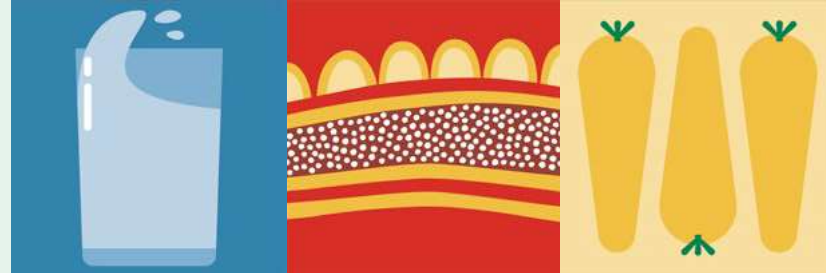


Food diary



Write down what you eat and drink each day to track your progress toward your health goals.

Day: _____

Breakfast	Snacks	Lunch	Snacks	Dinner	Snacks	Drinks