



FOOD/MOOD/POOP JOURNAL

NAME DATE

	food	mood	poop
<i>morning</i>			
<i>mid-morning</i>			
<i>lunch</i>			
<i>mid-afternoon</i>			
<i>dinner</i>			
<i>late evening</i>			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: wake time: # times I woke up through the night:



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