

Starch ○○○○○○○○○○○○
 Meat/Protein ○○○○○○○○○○○○
 Milk ○○○○○○○○○○○○
 Fruit ○○○○○○○○○○○○
 Vegetable ○○○○○○○○○○○○
 Fat ○○○○○○○○○○○○
 Water ○○○○○○○○○○○○

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 Water ○○○○○○○○○○○○

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| Morning Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Morning Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Exercise | | <i>Duration:</i> |
| <i>Activity:</i> | | |
| Relaxation | | <i>Duration:</i> |
| <i>Activity:</i> | | |

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| Morning Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Morning Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Exercise | | <i>Duration:</i> |
| <i>Activity:</i> | | |
| Relaxation | | <i>Duration:</i> |
| <i>Activity:</i> | | |

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| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Morning Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Exercise | | <i>Duration:</i> |
| <i>Activity:</i> | | |
| Relaxation | | <i>Duration:</i> |
| <i>Activity:</i> | | |

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| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Morning Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Mid-day Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
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| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Meal | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Evening Snack | | |
| <i>Time:</i> | <i>Mood:</i> | <i>Hunger:</i> |
| Exercise | | <i>Duration:</i> |
| <i>Activity:</i> | | |
| Relaxation | | <i>Duration:</i> |
| <i>Activity:</i> | | |

Hunger Key: 1.Not Hungry 2.Hungry 3.Starving

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