## Food and Activity Journal

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?

WHAT DID	I DO 1	O BE	ACTIVE	<b>TODAY</b>	(include time)
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## WHAT DID I DO FOR MYSELF TODAY ("Me Time")

## FOOD FOR THOUGHT

(notes, goals, insights, challenges, reminders, questions)





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