DAILY FOOD JOURNAL

BREAKFAST					
			Compo Teleh	assionate Care ealth Services, PLLC	
TOTAL CALODIC	1			WATER	
TOTAL CALORIES			\wedge	\wedge \wedge \wedge	
	LUNCH				
	LONCIT		$\land \land$	\triangle \triangle \triangle	
				EVERGISE	
				EXERCISE	
TOTAL CALORIES					
	1				
	DINNER				
		NOTES			
TOTAL CALORIES					
SNACKS					
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	1				
TOTAL CALORIES					
TOTAL CONSUMED	CALORIES		WATER	EXERCISE	