

# DAILY FOOD DIARY

Date :

S M T W T F S

SPEED FOOD

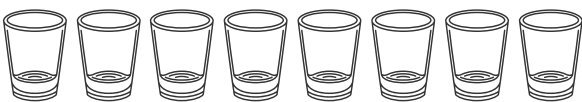
BREAKFAST

LUNCH

SNACKS

DINNER

WATER INTAKE



TOTAL SYNS

NOTES & FEELINGS