

FOOD & ACTIVITY JOURNAL

BREAKFAST

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LUNCH

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DINNER

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ACTIVITY/EXERCISE

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CRAVINGS/RESPONSE

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FEELINGS

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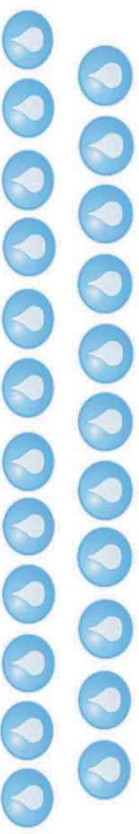
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WATER INTAKE

A grid of 20 blue water drop icons arranged in two rows of ten, used for tracking water intake.

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CRAVINGS/RESPONSE

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FEELINGS

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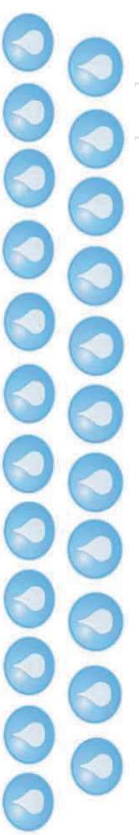
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