



FOOD/MOOD/POOP JOURNAL

NAME DATE

	food	mood	poop
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: wake time: # times I woke up through the night:



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