FOOD JOURNAL for	Date:
Upon Rise:	Sleep Last Night
Breakfast:	Hours asleep:
	Times you woke:
Drinks (ounces):	
Mand often made	
Mood after meal:	
Bowel Movement Yes or No	Dreams Yes or No
Consistency: Normal / Loose / Diarrhea / Other-explain:	
,	
Snack:	
Drinks:	
Lunch:	Water Intake for the day:
Drinks (ounces):	
Mood after meal:	
Wood dite! Medi.	
Bowel Movement Yes or No	
Consistency: Normal / Loose / Diarrhea / Other-explain:	
Snack:	
Drinks:	
Dinner:	Lymphatic Movemt Today
Drinks (ounces):	
Diffixs (outless).	
Mood after meal:	
Bowel Movement Yes or No	
Consistency: Normal / Loose / Diarrhea / Other-explain:	
Other Information Requested this Week:	
	Wellress
	Mountain