Day: _	Daily Food and Activity Log Date			
Time	Meal or Snack	Food or Beverage	Amount	Calories
		Todav's t	total calories →	
□ M-4				
☐ Met m				
☐ Met m				
Physical				

Day: _	Daily Food and Activity Log Date			
Time	Meal or Snack	Food or Beverage	Amount	Calories
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