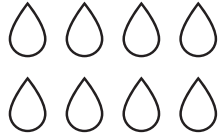
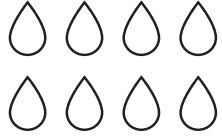

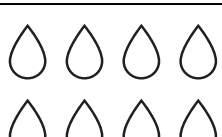
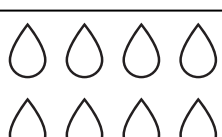
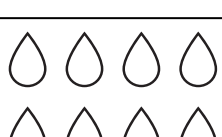


# FOOD JOURNAL

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL CALORIES	WATER INTAKE	NOTES
M							
T							
W							
T							
F							
S							
S						