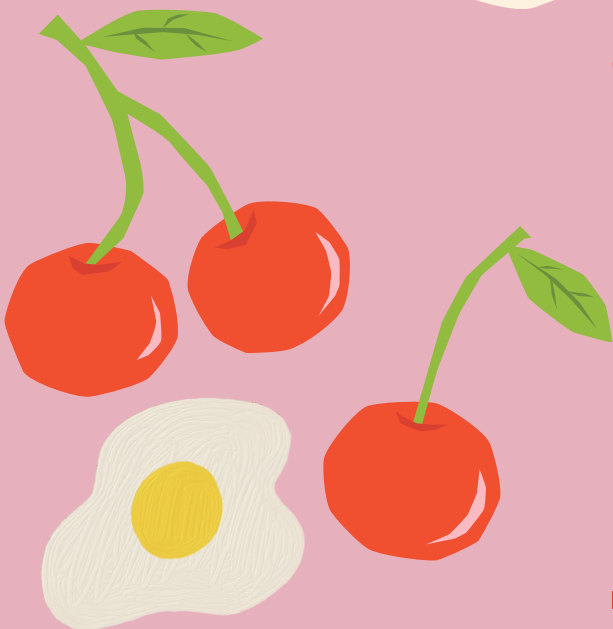


The cover features a light pink background with a yellow rounded rectangle in the top-left and a red rounded rectangle in the bottom-right. A large, irregular white shape in the center contains the title. Three strawberries are in the top-right, and three cherries and a fried egg are in the bottom-left. Small red dots are scattered around the white shape.

# DAILY FOOD JOURNAL



**DATE:**

**BREAKFAST**

**TIME:**

**SNACK**

**TIME:**

**LUNCH**

**TIME:**

**SNACK**

**TIME:**

**DINNER**

**TIME:**

**SNACK**

**TIME:**

**FLUIDS**

**ACTIVITY**

**MOOD & ENERGY**

**GI SYMPTOMS**

**DATE:**

**NOTES:**

**REMINDERS:**

**3 THINGS I AM GRATEFUL FOR:**

1.

2.

3.

**FOODS/DRINKS THAT MADE ME FEEL GOOD:**

**FOODS/DRINKS I DIDN'T AGREE WITH TODAY:**

**WHAT WENT WELL TODAY:**

**DATE:**

**BREAKFAST**

**TIME:**

**SNACK**

**TIME:**

**LUNCH**

**TIME:**

**SNACK**

**TIME:**

**DINNER**

**TIME:**

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