

Food Journal

Date:	Mon	Tues	Mod	Thurs	Eri	Ca+	Cun
Date.	IVIOII	rues	vveu	HIIUIS	ΓΠ	Sat	Suli

Time	Food	Fluid	Medication	Physical Symptoms	Cravings	Emotions	Output: U = Urine B = Bowel