crave works
crave your life

# food journal

date _____

client _____

| time | food | quantity | activity | notes |
|---|---|---|---|---|
| *7am* | *non-fat vanilla yogurt* | *½ cup* | *watching tv* | *waking up,* |
| | *blueberries & granola* | *¼ cup ea.* | | *hard to eat anything* |
| | coffee with 1% milk | 1 cup | | |
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water (250 mL cups): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

comments: