

Date:		Amount
Breakfast		
Lunch		
Dinner		
Charles		
Snacks		
Marian and Carloss		Maria
My mood today:		Note:
angry	energized	
	foggy	
	clear	
cheerful	slept well	
depressed	poor sleep	
motivated	tired	
Glasses of water and other beverages I drank today:		



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Lunch		
Dinner		
Snacks		
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My mood today:		Note:
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angry	energized	
happy	foggy	
cranky	clear	
cheerful	slept well	
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motivated	tired	
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