## Good Health Nutrition!

Date:

| Breakfast |  |
| :---: | :---: |
| Lunch |  |
| Dinner |  |
| Snacks |  |
| My mood today:  <br> $\square$ angry $\square$ energized <br> $\square$ happy $\square$ foggy <br> $\square$ cranky $\square$ clear <br> $\square$ cheerful $\square$ slept well <br> $\square$ depressed $\square$ poor sleep <br> $\square$ motivated $\square$ tired | Note: |
| Glasses of water and other beverages I drank today: |  |

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