

Healthy Day Diary

Day/Date	Time	Food & Beverages Consumed	Hunger Rating (/10)	Mood (happy, sad, stressed etc)	Energy Level (/10)	Physical Activity Details
	Breakfast					Type of Exercise:
	Morning Tea					
	Lunch					Time Spent Exercising:
	Afternoon Tea					
	Dinner					Intensity of Exercise:
	Supper					

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