

SHIBBOLETH ONE WEEK JOURNAL

DAY 1		DATE:		DAY 2		DATE:	
TIME UP:		BED TIME:		TIME UP:		BED TIME:	
Weight:		M(meal) S(snack) F (freebie)		Weight:		M(meal) S(snack) F (freebie)	
FOOD I CONSUMED		COMMENTS		FOOD I CONSUMED		COMMENTS	
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
HOW I FEEL:		TOTAL H2O		HOW I FEEL:		TOTAL H2O	
DAY 3		DATE:		DAY 4		DATE:	
TIME UP:		BED TIME:		TIME UP:		BED TIME:	
Weight:		M(meal) S(snack) F (freebie)		Weight:		M(meal) S(snack) F (freebie)	
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
HOW I FEEL:		TOTAL H2O		HOW I FEEL:		TOTAL H2O	

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DAY 5		DATE:		DAY 6		DATE:	
TIME UP:		BED TIME:		TIME UP:		BED TIME:	
Weight:		M(meal) S(snack) F (freebie)		Weight:		M(meal) S(snack) F (freebie)	
FOOD I CONSUMED		COMMENTS		FOOD I CONSUMED		COMMENTS	
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
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M S F				M S F			
HOW I FEEL:		TOTAL H2O					
DAY 7		DATE:					
TIME UP:		BED TIME:					
Weight:		M(meal) S(snack) F (freebie)					

M S F							

M S F							

M S F							

M S F							

M S F							
HOW I FEEL:		TOTAL H2O					