# FOOD/MOOD/POOP JOURNAL

NAME ..... DATE .....

| | food | mood | poop |
|---|---|---|---|
| *morning* | | | |
| *mid-morning* | | | |
| *lunch* | | | |
| *mid-afternoon* | | | |
| *dinner* | | | |
| *late evening* | | | |

*8 oz of water:* ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: ..... wake time: ..... # times I woke up through the night: .....

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