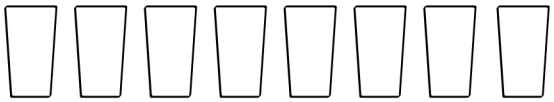
food diary

DAY OF

BREAKFAST

TOP PRIORITIES

- ○
- ○
- ○
- ○
- ○



LUNCH

TODAY I WILL

DINNER

ACTIVITY

SNACKS

Notes:

TOTALS

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