



# FOOD & EXERCISE DIARY

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Date:	Date:	Date:	Date:	Date:	Date:	Date:
B F A S T							
SNACK							
L U N C H							
SNACK							
D I N N E R							
SNACK							
EXERCISE							