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Diet Diary

Please complete this diary for 7 days in a row. Include anything you eat without trying to improve or change your diet. Include alcohol, sweets, snacks, drugs, smoking. Also include exercise. Please add additional pages if needed. Email to drreichenberg@gmail.com or drbobullman@gmail.com

DAY

Date	Time	Food/Drink	Quantity	Activity	How Did You Feel?
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