

my food and drinks diary



| Day 3 (day) _____ | |
|-------------------|--|
| Time | This is what I've had to eat or drink: |
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| Day 4 (day) _____ | |
|-------------------|--|
| Time | This is what I've had to eat or drink: |
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| Day 5 (day) _____ | |
|-------------------|--|
| Time | This is what I've had to eat or drink: |
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