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**Weekly Diet Diary/Food Journal**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  **Monday** |  **Tuesday** |  **Wednesday**  |  **Thursday** |  **Friday**  |  **Saturday** |  **Sunday** |
| **am** |
|    |  |   |  |  |  |  |
| **noon** |
|     |  |   |   |   |   |   |
| **pm** |
|    |  |   |   |   |   |   |
| **Comments, symptoms (digestive or otherwise), energy level, and feelings** |
|     |  |   |   |  |   |   |