

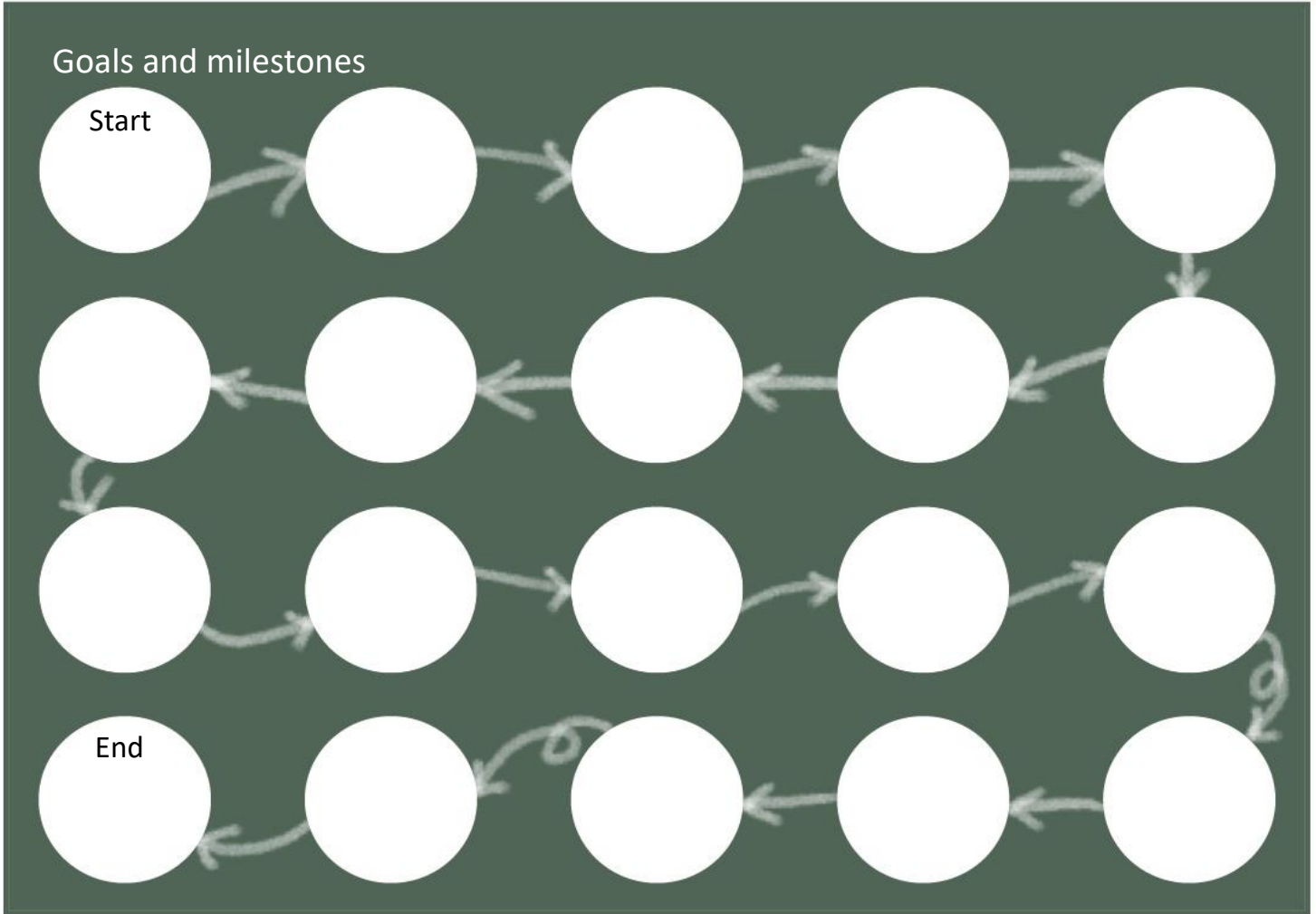


EAT  
SMART

*food journal*

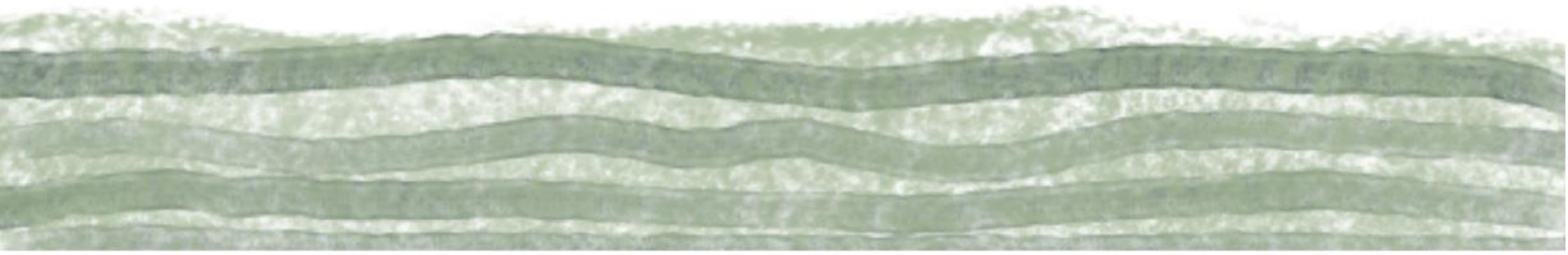
# Goals and Reasons

## Goals and milestones



## My Whys

● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____
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● _____	● _____

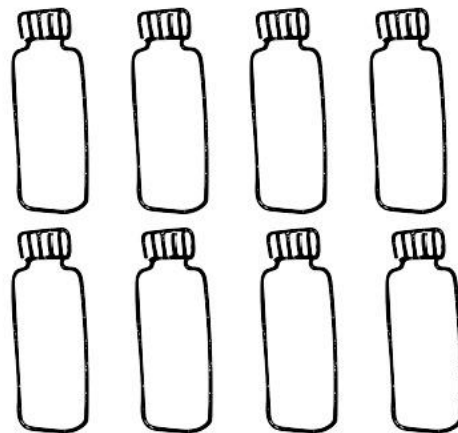


# Daily Food Log

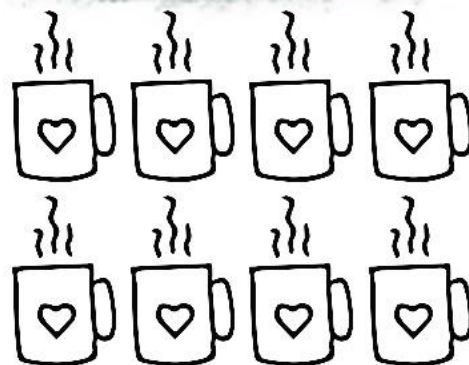
Breakfast

Lunch

Water Intake



Caffeine Intake



Dinner

Snack

Notes





Notes