personal FILOFAX custom ©2023

FOOD JOURNAL date...../...../.....

water ☐☐☐☐☐☐ whole grains Y / N milk ☐☐ oil ☐☐

fruit ☐☐ veg ☐☐☐☐☐☐ protein ☐☐ vit ☐☐

description	time	+/-	balance	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

personal FILOFAX custom ©2023

FOOD JOURNAL date...../...../.....

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