

**DAY 1**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

EVERYTHING !!!! 1=poor/sluggish 10=full of energy

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**DAY 2**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel/10**

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**DAY 3**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

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**DAY 4**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

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**DAY 5**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

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**DAY 6**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

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**DAY 7**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

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**DAY 8**

**DATE:**

**TIME**

**FOODS AND LIQUIDS**

**Feel /10**

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