

# HEALTHY EATING JOURNAL

WEEK OF: \_\_\_\_\_ Weight Monday: \_\_\_\_\_ Friday: \_\_\_\_\_

*Record food intake, calories, and/or mindfulness observed.*

Monday: \_\_\_\_\_

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Tuesday: \_\_\_\_\_

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Wednesday: \_\_\_\_\_

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Thursday: \_\_\_\_\_

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Friday: \_\_\_\_\_

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Saturday: \_\_\_\_\_

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Sunday: \_\_\_\_\_

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