**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_**

**Day 1:**

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| What I Ate (include time of day) | What I Did (include time of day) |
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**Day 2:**

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| What I Ate (include time of day) | What I Did (include time of day) |
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**Day 3:**

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| What I Ate (include time of day) | What I Did (include time of day) |
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**Day 4:**

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| What I Ate (include time of day) | What I Did (include time of day) |
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**Day 5:**

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| What I Ate (include time of day) | What I Did (include time of day) |
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**Day 6:**

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| What I Ate (include time of day) | What I Did (include time of day) |
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