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# DAILY FOOD-MOOD CHECK-IN

 Nutrition  
Heretic



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# INSTRUCTIONS

- 1 Make as many copies as necessary.
- 2 Record at least 3 days that show **your typical eating habits**, being sure to bridge a weekend day.
- 3 Record all meals, snacks, drinks and supplements/drugs appropriately at time consumed.
- 4 Continue filling out the form as you switch out certain “health foods” for foods suggested in the guide *The #1 List - 7 Health Foods to Avoid like the Plague*.
- 5 Note any differences you notice in your health and overall wellbeing – also pay attention to how friends and family may comment on your health.

Name : .....

Date	Time	Food/Drink Taken (Amounts & Preparation)	Setting (Where)	Supplements/ Drugs Taken	Physical/Emotional/Mental Symptoms, Cravings, Exercise (Before & After)