Name			
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## Woodstock Healing Arts www.woodstockhealingarts.com

Day 1 Day	Date		
		<b>DINNER</b> Time	
Meat & Dairy			Total Carbs
Vegetables & Fruits			
			Total Protein
			Total Flotelli
			Total Fat
		NIGHTTIME SNACK Time	Total Calories
Snack			
BOWEL MOVEMENTS (number and co	nsistency) Hours of Sleep	Quality of Sleep (good) 1 2 3 4 5 (poor)	
Day 2 Day	Date		
BREAKFAST Time	<b>LUNCH</b> Time	<b>DINNER</b> Time	
Meat & Dairy			Total Carbs
			Total Protein
			Total Fat
Water Intake (fl oz)			Total Fat
		NIGHTTIME SNACK Time	Total Calories
Snack			
		Quality of Sleep (good) 1 2 3 4 5 (poor)	
Day 3 Day	Date		
BREAKFAST Time	LUNCH Time	DINNER Time	
Meat & Dairy			7.16.1
Vegetables & Fruits			Total Carbs
Breads, Grains, Seeds, Nuts			
Fats			Total Protein
Candy, Sweets, Junk Food			
Water Intake (fl oz)			Total Fat
	·		
MIDMORNING SNACK Time	MIDDAY SNACK Time	NIGHTTIME SNACK Time	Total Calories
Snack			.otal calones
BOWEL MOVEMENTS (number and co	nsistency) Hours of Sleep	Quality of Sleep (good) 1 2 3 4 5 (poor)	

Day 4 Day			
BREAKFAST Time	<b>LUNCH</b> Time	<b>DINNER</b> Time	
Meat & Dairy			Total Carbs
Vegetables & Fruits			
Breads, Grains, Seeds, Nuts			Total Protein
Fats			
Candy, Sweets, Junk Food			Total Fat
Water Intake (fl oz)			
Other Drinks			Total Calories
MIDMORNING SNACK Time			
Snack			
BOWEL MOVEMENTS (number and consistence			
Day 5 Day	_ Date		
BREAKFAST Time	<b>LUNCH</b> Time	<b>DINNER</b> Time	Total Carbs
Meat & Dairy			Total Carbs
Vegetables & Fruits			Total Protein
Breads, Grains, Seeds, Nuts			iotai rioteili
Fats			Total Fat
Candy, Sweets, Junk Food			
Water Intake (fl oz)			Total Calories
Other Drinks			
MIDMORNING SNACK Time			
Snack			
BOWEL MOVEMENTS (number and consistence	cy) Hours of Sleep	Quality of Sleep (good) 1 2 3 4 5 (poor)	
Day 6 Day			
BREAKFAST Time	_ <b>LUNCH</b> Time	<b>DINNER</b> Time	Total Carbs
Meat & Dairy			
Vegetables & Fruits			Total Protein
Breads, Grains, Seeds, Nuts			
Fats			Total Fat
Candy, Sweets, Junk Food			
Water Intake (fl oz)			Total Calories
Other Drinks			
MIDMORNING SNACK Time	_ MIDDAY SNACK Time	NIGHTTIME SNACK Time	
Snack			
BOWEL MOVEMENTS (number and consistence	y) Hours of Sleep	Quality of Sleep (good) 1 2 3 4 5 (poor)	
Day 7 Day			
BREAKFAST Time			Total Carbs
Meat & Dairy			
Vegetables & Fruits			Total Protein
Breads, Grains, Seeds, Nuts			
Fats			Total Fat
Candy, Sweets, Junk Food			
Water Intake (fl oz)			Total Calories
Other Drinks			
MIDMORNING SNACK Time	_ MIDDAY SNACK Time	NIGHTTIME SNACK Time	
Snack			
BOWEL MOVEMENTS (number and consistence	y) Hours of Sleep	Quality of Sleep (good) 1 2 3 4 5 (poor)	