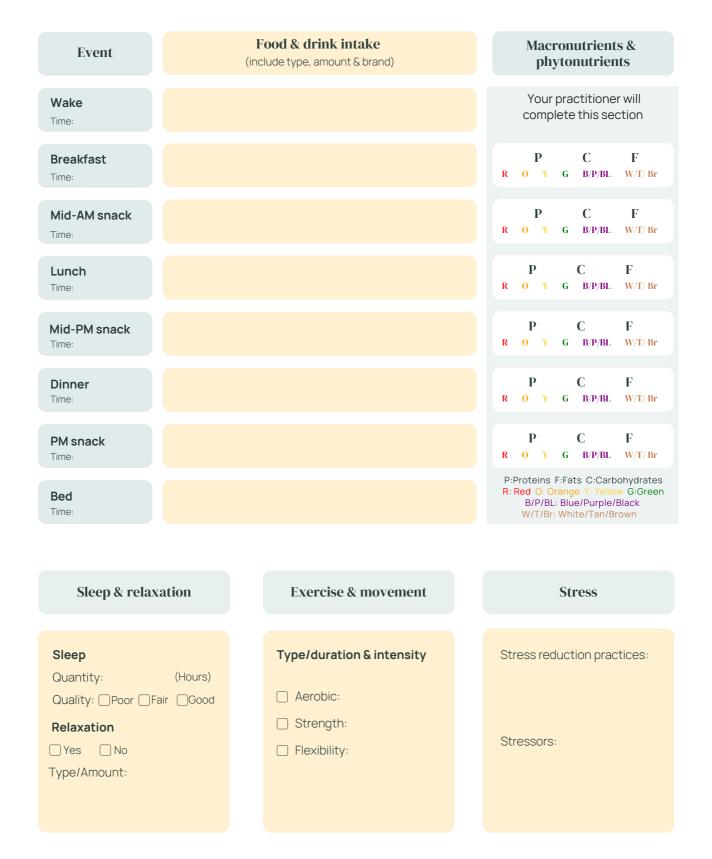
## Diet, nutrition and lifestyle journal

### Day one

#### Patient Name:

Date:





Food Journal

## Diet, nutrition and lifestyle journal

### Day two

#### Patient Name:

Date:





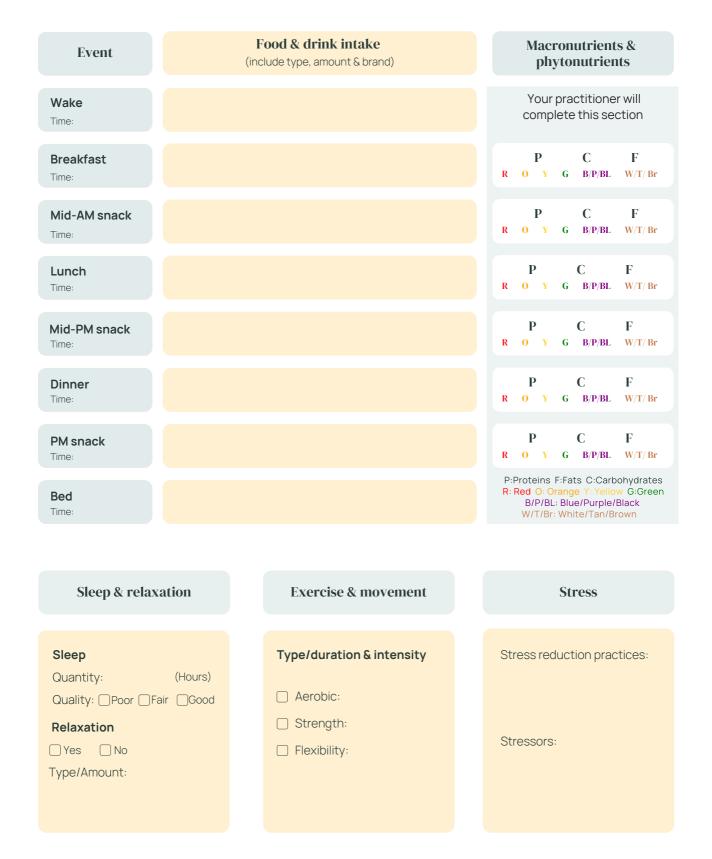
Food Journal

# Diet, nutrition and lifestyle journal

## Day three

#### Patient Name:

Date:





Food Journal