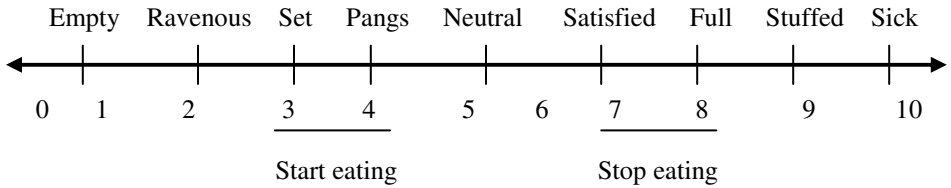
Day/Date

Time	Location	Type of Food & Quantity	H/F		Thoughts & Feelings