## Figure 1.1: Food Journal

		Breakfast	Lunch	Dinner	Snacks
Monday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Tuesday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Wednesday	Food and Drink				
<b>&gt;</b>	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:
Thursday	Food and Drink				
	How I Felt	Before: During: After:	Before: During: After:	Before: During: After:	Before: During: After:

		Breakfast	Lunch	Dinner	Snacks
Friday	Food and Drink				
	_	Before:	Before:	Before:	Before:
	How I Felt	During:	During:	During:	During:
		After:	After:	After:	After:
Saturday	Food and Drink				
	_	Before:	Before:	Before:	Before:
	How I Felt	During:	During:	During:	During:
	ΙΙ-	After:	After:	After:	After:
Sunday	Food and Drink				
	_	Before:	Before:	Before:	Before:
	How I Felt	During:	During:	During:	During:
	<u> </u>	After:	After:	After:	After: