# Food Diary

<table>
<thead>
<tr>
<th>Time</th>
<th>Food/Beverage</th>
<th>Amount</th>
<th>Calories</th>
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**Totals:**

Check # 8 ounce glasses of water: 👒达标杯子

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<tr>
<th>Physical Activity</th>
<th>Minutes</th>
<th>Intensity Low/Medium/High</th>
<th>Calories</th>
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How I did today:  □ Fabulous  □ Great  □ OK  □ Will Do Better Tomorrow

Notes: ........................................................................................................................................
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