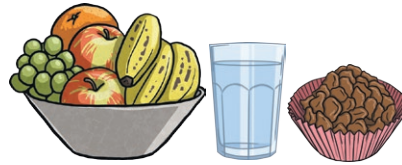


# My Healthy Diary



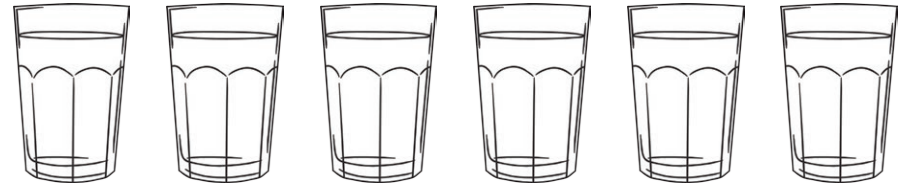
Name: \_\_\_\_\_ Date: \_\_\_\_\_

Breakfast

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How many glasses of water did you drink?



Lunch

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How many of your 5-a-day did you eat?



Dinner

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How many hours of sleep did you get?

Snacks

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Drinks

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How did you feel overall?

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