DETOX LOG

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SUMMA	ARY C)F M	EAL	SFC	R BRE	AKF	AST,	LUNC	CH, D	INN	IER,	AND	SN.	ACK:	
ON A SCALE OF 1 (REALLY AWFUL) TO 10 (AMAZINGLY ENERGIZED), HOW DO YOU FEEL TODAY?															
1	2		3		4	5		6		7		8		9	10
PATTERNS I AM NOTICING ABOUT MY EATING/CRAVINGS/SUCCESSES:															
OBSERVATIONS ABOUT MY BODY, SYMPTOMS, AND MIND TODAY:															
MY WIN FOR THE DAY:															
Date:															
SUMMARY OF MEALS FOR BREAKFAST, LUNCH, DINNER, AND SNACK:															
ON A SCALE OF 1 (REALLY AWFUL) TO 10 (AMAZINGLY ENERGIZED), HOW DO YOU FEEL TODAY?															
1	2		3		4	5		6		7		8		9	10
PATTEI	RNSI	АМ	NOT	ΓΙΟΙΝ	IG AB	OUT	MY E	EATIN	G/CF	RAVI	INGS	S/SU	CCE	SSES:	
OBSERVATIONS ABOUT MY BODY, SYMPTOMS, AND MIND TODAY:															
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