

# DETOX LOG



Date:

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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
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PATTERNS I AM NOTICING ABOUT MY EATING/CRAVINGS/SUCCESSSES:

OBSERVATIONS ABOUT MY BODY, SYMPTOMS, AND MIND TODAY:

MY WIN FOR THE DAY:

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