MY FOOD

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Jocelyn Dubin, MS, RD
NUTRITIONIST

DAY

TIME Start-End	FOOD OR DRINK	AMOUNT	FREE	LIGHT	HEAVY	JUNK	WHERE	EMOTIONS	HOW HUNGRY	REACTION

Ate mainly FREE & LIGHTS Foods? Yes No

Ate breakfast, lunch and dinner? Yes No

Hungry when started eating? Yes No

TOTALS

Stopped eating before full? yes no