BAD JACK'S INTERVENTION ISLAND JOURNAL

DAY 1			DAY 2 DATE:		
TIME UP: BED TIME: Weight: M(meal), S(snack), F (freehie)		TIME UP:	BED TIME:		
Weight:			Weight:	M(meal) S(snack) F (freebie)	
	FOOD I CONSUMED	COMMENTS		FOOD I CONSUMED	COMMENTS
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:			:		
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MSF			MSF		
HOW I FEEL: TOTAL H20		HOW I FI		OTAL H2O	
DAY 3		DATE:	DAY 4		DATE:
TIME UP:		BED TIME:	TIME UP:		BED TIME:
	M(meal) S(snack	BED TIME:			BED TIME:
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