

RIK'S FOOD,

Of my

23 meals or snacks

this week,

10

included an

almond-based item, and

included fruit.

I get

7 hours 54 min

of sleep, on average.

SLEEP,

I generally wake up around

9 am ± 40 min.

100%

of my drinks are water,
and I drink

6 glasses

per day,
on average.

Some are sparkling,

though most are still.

& DRINK.

*not home-cooked

