



**K MAX WELLNESS**  
CHOOSE INNER BALANCE

## FOOD JOURNAL

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Write down everything you eat and drink for three days, including all snacks, beverages, and water. Please include approximate amounts. If you notice any mood or digestive changes associated with a meal/snack, record it in the right-hand column.

<b>Meal</b>	<b>Beverages</b>	<b>Mood/Digestive Changes</b>
Breakfast (Time:_____)		
Snacks (Time:_____)		
Lunch (Time:_____)		
Snacks (Time:_____)		
Dinner (Time:_____)		
Snacks (Time:_____)		



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