

<b>Health Journey Log</b>				<b>Week</b>		<b>Photos / Measure?</b>	<b>Start Week 8 Week 16</b>
<b>Date</b>	<b>9-Aug</b>	<b>10-Aug</b>	<b>11-Aug</b>	<b>12-Aug</b>	<b>13-Aug</b>	<b>14-Aug</b>	<b>15-Aug</b>
<b>Day</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Sleep Hours / Quality</b>							
<b>Eating Window: Start / Finish / Hours</b>							
<b>Mood</b>							
<b>Hunger Level</b>							
<b>Activity / Duration / Intensity</b>							
<b>Weight Logged</b>							
<b>Food Logged</b>							

1 - It Sucks	2 - Not Good	3 - Alright	4 - Good	5 - Better than Good
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