

# Food Journal

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[www.onelifediet.com/s/JOURNAL.pdf](http://www.onelifediet.com/s/JOURNAL.pdf)

Date:	Blocks
<u>Breakfast</u>	
<u>Lunch</u>	
<u>Dinner</u>	
<u>Snacks</u>	
<u>Alcohol</u>	
<b>Total Blocks</b>	
8oz 8oz 8oz 8oz	
8oz 8oz 8oz 8oz	
<u>Exercise</u>	

Notes

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**Plan. Prepare. Measure. Journal. It's that simple.**

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Exercise

Notes

Your success is directly proportional to your effort.