

FOOD AND DRINK INTAKE CHART

Name:..... **Weight:** **Date:**.....

Please record everything that you eat and drink for a 3 - 7 day period. This will help us to monitor your progress.

Please record what is actually eaten, not what is served, and state quantities such as 1 slice of bread, 1 tablespoon of potato, 2 large sausages

	DAY 1	DAY 2	DAY 3
	Date:	Date:	Date:
Breakfast			
Mid Morning			
Lunch			
Mid Afternoon			
Evening Meal			
Bedtime and during night			

Food And Fluid Charts Intake

University of Chicago Clinics

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the University of Chicago Clinics text.

Food And Fluid Charts Intake:

Unveiling the Magic of Words: A Report on "**Food And Fluid Charts Intake**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Food And Fluid Charts Intake**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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