DATE	TIME	FOODS/LIQUIDS INGESTED	SYMPTOMS EXPERIENCED
DAY 1	Breakfast		
WEEK 1	0.444		
WEEKI	a.m.		
	Morning Tea		
	a.m.		
	Lunch		
	p.m.		
	Afternoon Tea		
	p.m.		
	Dinner		
	n m		
	p.m.		
	Supper		
	p.m.		
	Extras during		
	day.		

DATE	TIME	FOODS/LIQUIDS INGESTED	FEELINGS/EMOTIONS IF ANY
DAY 2	Breakfast		
WEEK 1	a.m.		
WEEKI	a.III.		
	Mamina Tas		
	Morning Tea		
	a.m.		
	T 1		
	Lunch		
	p.m		
	Afternoon Tea		
	p.m		
	Dinner		
	p.m		
	Supper		
	p.m		
	Extras during		
	day.		

DATE	TIME	FOODS/LIQUIDS INGESTED	FEELINGS/EMOTIONS IF ANY
DAY 3	Breakfast		
WEEK 1	a.m		
WEEKI	a.iii		
	Mamina Tao		
	Morning Tea		
	a.m		
	Lunch		
	n m		
	p.m		
	Afternoon Tea		
	Arternoon Tea		
	p.m		
	Dinner		
	Diffici		
	p.m		
	Supper		
	p.m		
	_		
	Extras during		
	day.		

DATE	TIME	FOODS/LIQUIDS INGESTED	FEELINGS/EMOTIONS IF ANY
DAY 4	Breakfast		
WEEK 1	a.m		
WEEKI	a.iii		
	M · T		
	Morning Tea		
	a.m		
	Lunch		
	p.m		
	Afternoon Tea		
	p.m		
	Dinner		
	p.m		
	Supper		
	p.m		
	Extras during		
	day.		

DATE	TIME	FOODS/LIQUIDS INGESTED	FEELINGS/EMOTIONS IF ANY
DAY 5	Breakfast		
WEEK 1	a.m		
WEEKI	a.m		
	Morning Tea		
	Woming Tea		
	a.m		
	Lunch		
	Editori		
	p.m		
	Afternoon Tea		
	p.m		
	r		
	Dinner		
	p.m		
	Supper		
	Extras during		
	day.		

DATE	TIME	FOODS/LIQUIDS INGESTED	FEELINGS/EMOTIONS IF ANY
DAY 6	Breakfast		
WEEK 1	a.m		
WEEKI	a.111		
	Morning Tea		
	Wiorining Tea		
	a.m		
	Lunch		
	p.m		
	p.m		
	Afternoon Tea		
	7 Htemoon Tea		
	p.m		
	Dinner		
	Dimici		
	p.m		
	Supper		
	p.m		
	Extras during		
	day.		

DATE	TIME	FOODS/LIQUIDS INGESTED	FEELINGS/EMOTIONS IF ANY
DAY 7	Breakfast		
MEDIC 1			
WEEK 1	a.m		
	Morning Tea		
	a.m		
	Lunch		
	p.m		
	P.III		
	Afternoon Tea		
	Atternoon rea		
	p.m		
	Diagram		
	Dinner		
	p.m		
	G.		
	Supper		
	p.m		
	_		
	Extras during		
	day.		