

My Simple Food TRACKING SYSTEM
















































By Leanne Lisbon. Mind Over Muffin.

MY SIMPLE FOOD

Tracker

HERE IS A SIMPLE WAY TO TRACK WHEN YOU WANTED TO EAT, WHAT YOU WANTED TO EAT, HOW YOU WERE FEELING, WHETHER YOU DID OR DIDN'T EAT AND ANY THOUGHTS LINKED TO IT.

WHEN	WHAT I WANTED TO EAT	HOW I FELT	DID I EAT Y/N	ANY THOUGHTS?
01		  	<input type="radio"/> Y <input type="radio"/> N	
02		  	<input type="radio"/> Y <input type="radio"/> N	
03		  	<input type="radio"/> Y <input type="radio"/> N	
04		  	<input type="radio"/> Y <input type="radio"/> N	
05		  	<input type="radio"/> Y <input type="radio"/> N	
06		  	<input type="radio"/> Y <input type="radio"/> N	
07		  	<input type="radio"/> Y <input type="radio"/> N	
08		  	<input type="radio"/> Y <input type="radio"/> N	
09		  	<input type="radio"/> Y <input type="radio"/> N	
10		  	<input type="radio"/> Y <input type="radio"/> N	
11		  	<input type="radio"/> Y <input type="radio"/> N	
12		  	<input type="radio"/> Y <input type="radio"/> N	
13		  	<input type="radio"/> Y <input type="radio"/> N	
14		  	<input type="radio"/> Y <input type="radio"/> N	
15		  	<input type="radio"/> Y <input type="radio"/> N	

THOUGHTS/NOTES

