

TED CIBIK'S



825 Lovers Leap Rd
Leechburg, PA 15656
(724) 845-1041

Jing Diary – Food and Mood

Name: _____

Height: _____ Weight: _____

Date/Day of Week	Morning Consumption	Afternoon Consumption	Evening Consumption	Mood Exercise/Activities
Day: Wake Time: Sleep Time: Feel Rested? Yes/No				
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