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| **Absolute Health & Wellbeing Diet Diary** [**www.ahwb.com.au**](http://www.ahwb.com.au) **M: 0417 427 938**  |
| EXERCISEMonday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tuesday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Wednesday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Thursday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Friday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Saturday\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Sunday | **MONDAY** | **TUESDAY** | **WEDNESDAY** |
| Ketones: | Ketones: | Ketones: |
| Breakfast:Hungry/Emotional/Social/Routine | Breakfast:Hungry/Emotional/Social/Routine | Breakfast:Hungry/Emotional/Social/Routine |
| Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine |
| Lunch:Hungry/Emotional/Social/Routine | Lunch:Hungry/Emotional/Social/Routine | Lunch:Hungry/Emotional/Social/Routine |
| Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine |
| Ketones: | Ketones: | Ketones: |
| Dinner:Hungry/Emotional/Social/Routine | Dinner:Hungry/Emotional/Social/Routine | Dinner:Hungry/Emotional/Social/Routine |
| **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| Ketones: | Ketones: | Ketones: | Ketones: |
| Breakfast:Hungry/Emotional/Social/Routine | Breakfast:Hungry/Emotional/Social/Routine | Breakfast:Hungry/Emotional/Social/Routine | Breakfast:Hungry/Emotional/Social/Routine |
| Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine |
| Lunch:Hungry/Emotional/Social/Routine | Lunch:Hungry/Emotional/Social/Routine | Lunch:Hungry/Emotional/Social/Routine | Lunch:Hungry/Emotional/Social/Routine |
| Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine | Snack:Hungry/Emotional/Social/Routine |
| Ketones: | Ketones: | Ketones: | Ketones: |
| Dinner:Hungry/Emotional/Social/Routine | Dinner:Hungry/Emotional/Social/Routine | Dinner:Hungry/Emotional/Social/Routine | Dinner:Hungry/Emotional/Social/Routine |