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| **Absolute Health & Wellbeing Diet Diary** [**www.ahwb.com.au**](http://www.ahwb.com.au) **M: 0417 427 938** | | | |
| EXERCISE  Monday  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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 |