

DAY/DATE _____ MIN OF ACTIVITY _____

#MFGproject

HOURS OF SLEEP _____ ACTIVITY _____

#MFGjournal #MFGandYou

TIME	HUNGER LEVEL 1-5	FOOD Meals ■ Beverages ■ Snacks ■ Water	MOOD Content ■ Frustrated ■ Sad ■ Anxious ■ Rushed

The project is YOU.

The concept is simple. The act is challenging. The choice is yours.

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