



Wild Seed's Food & Mood Tracker

Goal for this week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drinking	lemon	water	upon	rising	every	morning	Even today
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Exercise & Movement							
Sleep 1-10							
Stress 1-10							
Energy 1-10							
Mood 1-10							
Bowel Movements							
Heath Note							