Daily Journal

Date

Breakfast

Fructose Lactose Fructans GOS Polyols

Snack

Fructose Lactose Fructans GOS Polyols

Lunch

Fructose Lactose Fructans GOS Polyols

Snack

Fructose Lactose Fructans GOS Polyols

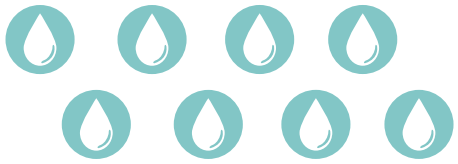
Dinner

Fructose Lactose Fructans GOS Polyols

Daily Check-In

Hours of Sleep	
Current Mood	
Current Stress Level	
Physical Activity	

Daily Fluids



Bowel Movements

Notes

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