



Darling Street Health Centre  
 1/449 Darling Street  
 Balmain 2041  
 9555 8806

Natural Wisdom  
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 Paddington 2021  
 0400 551 622

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Date: \_\_\_\_\_

Meal	Time	Food eaten - in detail	Health symptoms	Mood/energy
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
After				

Water / fluid intake:

Tea / coffee:

Alcohol:

Sleep	
Energy levels	
Exercise	
Emotional	
Relaxation	
Relationships	
Health concerns	