

DAILY FOOD LOG

DAY							
DATE							
MORNING WEIGHT							
WHAT							
YOU							
ATE							
EVENING WEIGHT							

The Caryl Ehrlich **Program**

228 East 45th Street, Suite 1801 ■ New York NY 10017 ■ (212) 986-7155 ■ www.ConquerFood.com ■ Caryl@ConquerFood.com

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