

Keybook food intake being

	Morning	Condition	Midday	Condition	Evening	Condition
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Special Features	Weather	Contraction
		X
		Cigarettes
		Y
		Z
		Meat
		1
		Pill
		2
		3
		4
		fish
		5
		6
		salt
		7
		8
		Honey
		9
Donation		
David Winter IBAN DE71 4401 0046 0130 4194 68		0
BIC PBNKDEFF Konto-Nr. 130419468 BLZ 44010046		Alcohol
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