

Planner Half Dash Board Daily Food diary

Print on cardstock using grey lines as cutting guide.

Cut out and laminate. Cut out laminated dashboard 1/2 inch edge on left side and 1/4 inch on remaining 3 sides.

Punch out holes on left side.

Use a sharpie marker to track daily food. Use alcohol wipe to remove sharpie.

Daily Food Diary


Date:

Breakfast

Lunch

Dinner

Snacks



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