

## LIVE ORGANIC HEALTH daily nutrition graph

DAY	FOOD EATEN	DRINK	MOOD	EXERCISE	ENERGY	SYMPTOMS
FIRST THING						
BREAKFAST						
M.TEA						
LUNCH						
A.TEA						
DINNER						

**KEY:** Moods: **H** = Happy **S** = Sad **T** = Tired ST = Stressed

Foods: **H** = homemade **C** = Café **F** = Friend **O** = Organic Energy levels: **1** = lowest **10** = highest