

EMPLOYEE HEALTH and BENEFITS

Employee Health Center
 1301 Cattlemen Road, Bldg B
 Sarasota, FL 34232
 Telephone: (941) 861-6833
 Fax: (941) 861-6835

MY FOOD JOURNAL

Name: _____ Today's Date: _____

Time	Food (describe)	Amount
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Evening Snack		

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