

Food Tracker

DAY: _____

TIME	What I Ate Today ... The Target is 80% Alkaline
4:00 AM	
4:30 AM	
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
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6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
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10:30 PM	
11:00 PM	