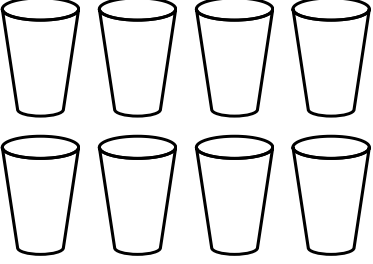
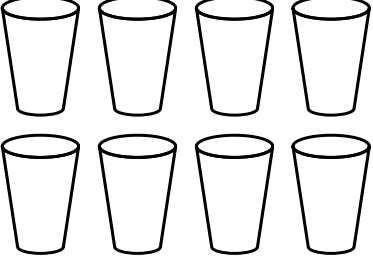
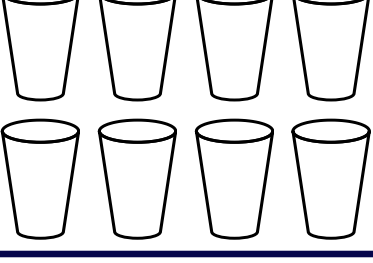
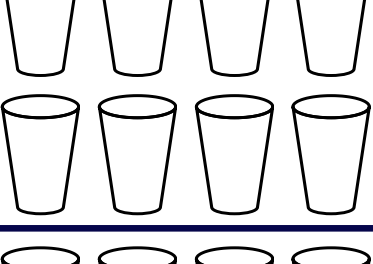
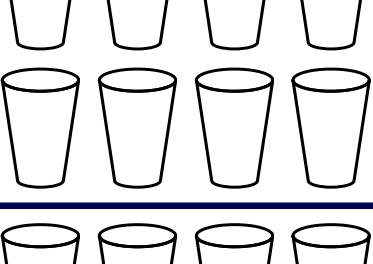
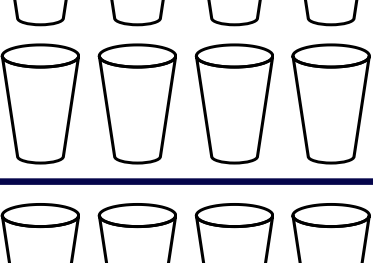


Live Well LIVE!

FOOD & SYMPTOM DIARY

	BREAKFAST	LUNCH	DINNER	WATER	SYMPTOMS
Mon					
Tues					
Weds					
Thurs					
Fri					
Sat					
Sun				