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Bartholomew Way CLINIC
THE DIET PRACTICE HORSHAM

| **When?**<br>Time | **What?**<br>Food and Drink | **Hunger Scale 1-9**<br>9=extremely hungry<br>1=extremely full | **Where?**<br>Who with? | Thoughts / feelings & other comments |
|---|---|---|---|---|
| Example:<br>7.30am | PORRIDGE WITH SS MILK, AN APPLE & TEA WITH SS MILK | 6 | In kitchen, alone | Very satisfying breakfast |
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