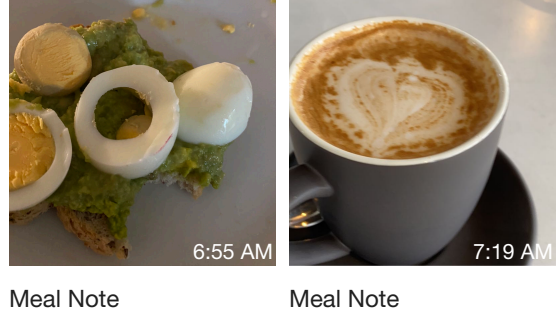
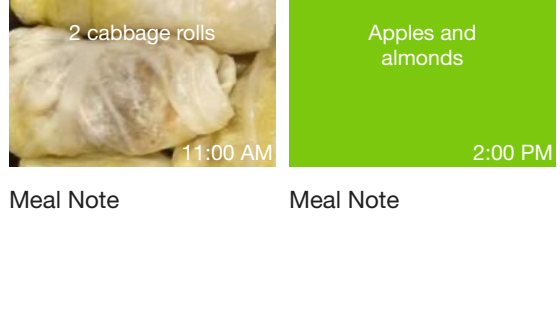


Thursday, 9 Feb



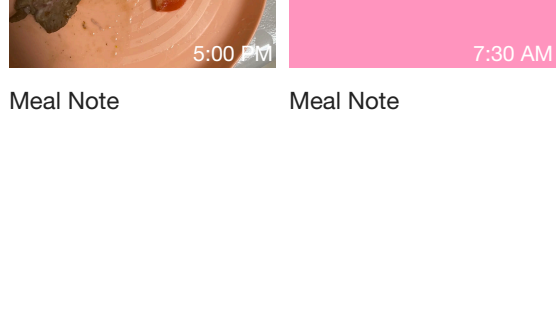
Meal Note

Meal Note



Meal Note

Meal Note

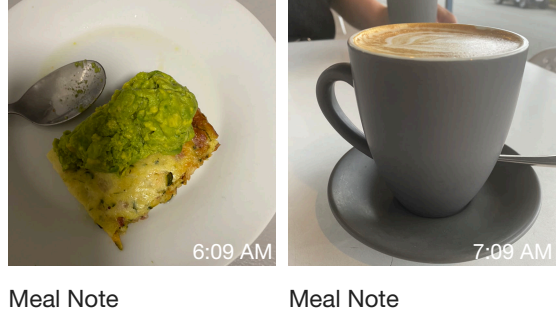


Meal Note

Meal Note

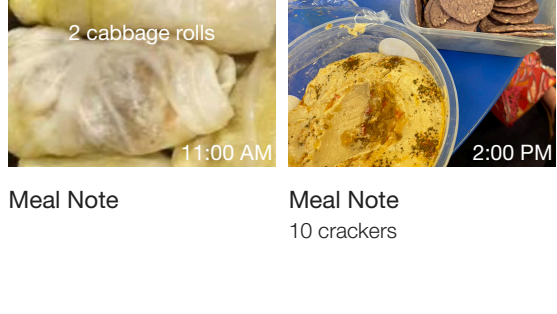
Daily Notes

Wednesday, 8 Feb



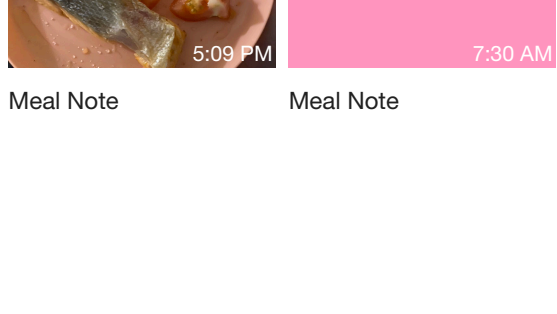
Meal Note

Meal Note



Meal Note

Meal Note

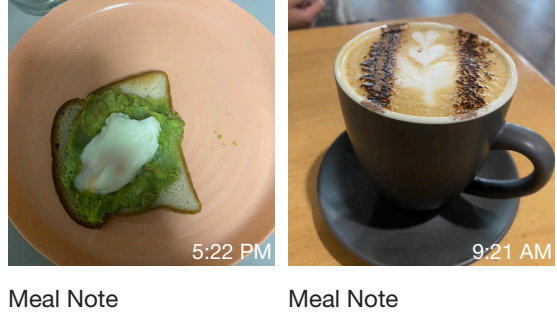


Meal Note

Meal Note

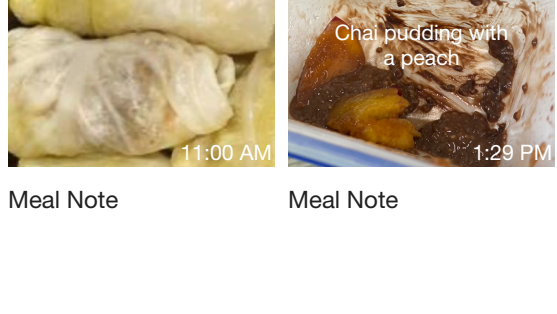
Daily Notes

Tuesday, 7 Feb



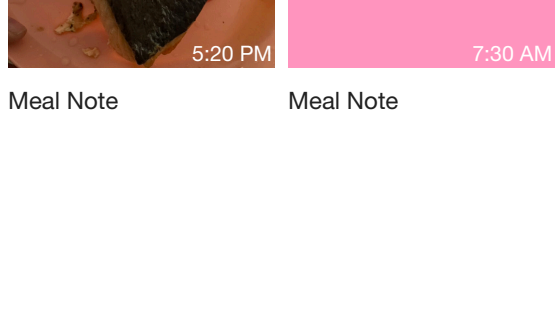
Meal Note

Meal Note



Meal Note

Meal Note

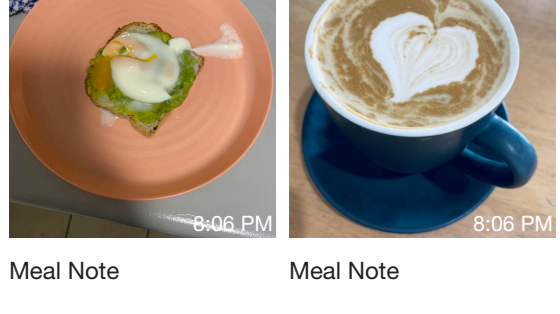


Meal Note

Meal Note

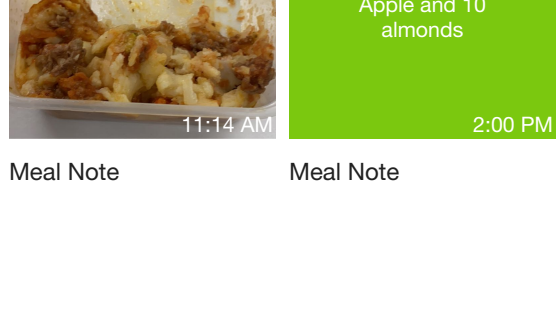
Daily Notes

Monday, 6 Feb



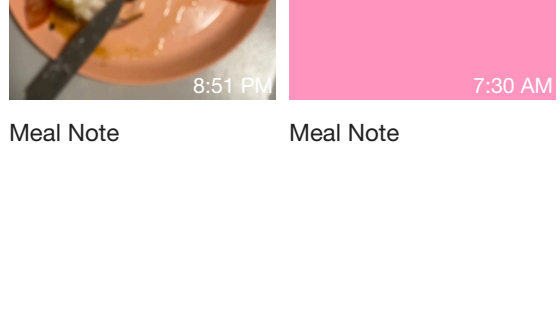
Meal Note

Meal Note



Meal Note

Meal Note

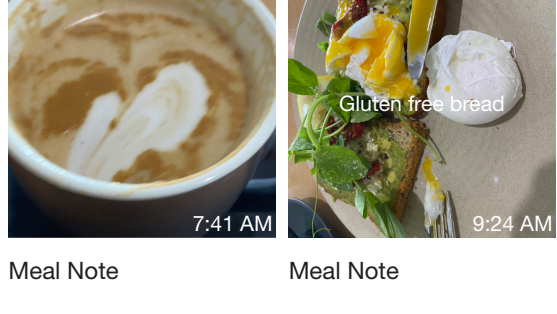


Meal Note

Meal Note

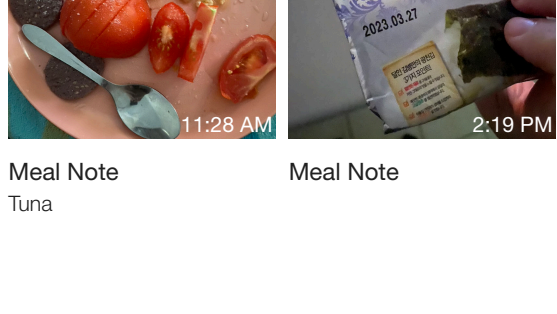
Daily Notes

Sunday, 5 Feb



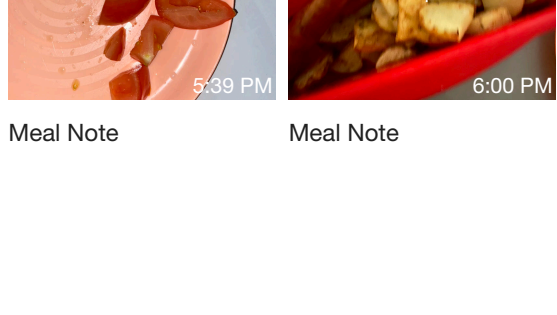
Meal Note

Meal Note



Meal Note

Meal Note

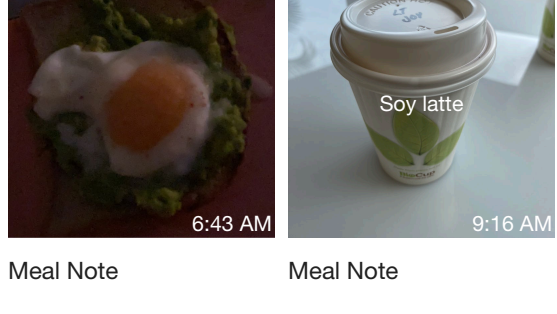


Meal Note

Meal Note

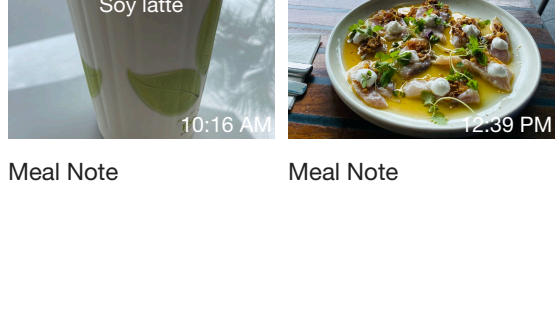
Daily Notes

Saturday, 4 Feb



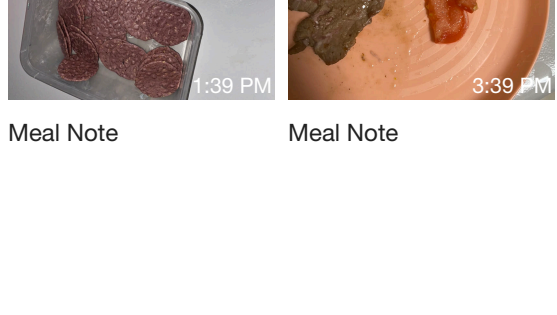
Meal Note

Meal Note



Meal Note

Meal Note

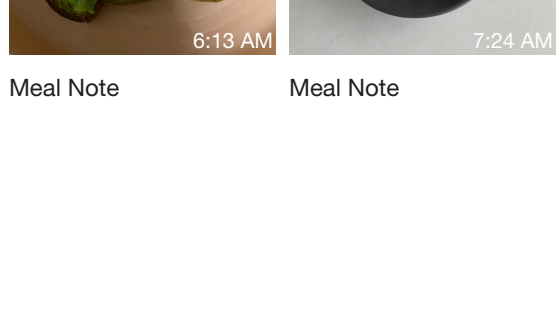


Meal Note

Meal Note

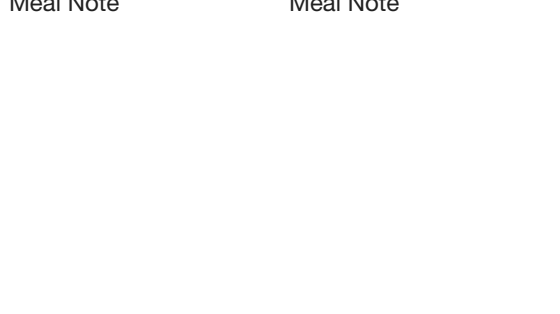
Daily Notes
Period came a week early. Began today.
Cycle 27 days

Friday, 3 Feb



Meal Note

Meal Note



Meal Note

Meal Note

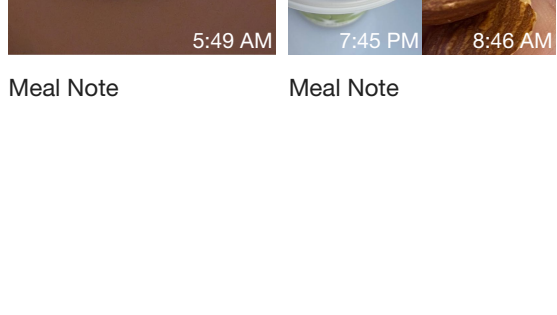


Meal Note

Meal Note

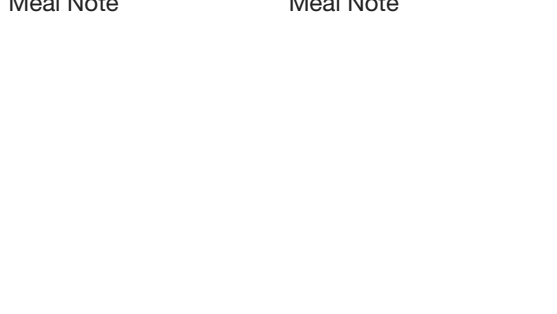
Daily Notes
Pain in tummy below the belly button. Dark Blood in urine.

Thursday, 2 Feb



Meal Note

Meal Note



Meal Note

Meal Note

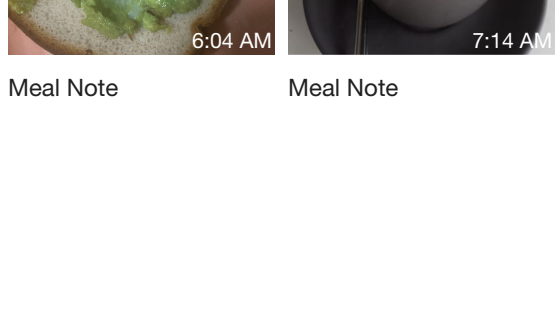


Meal Note

Meal Note

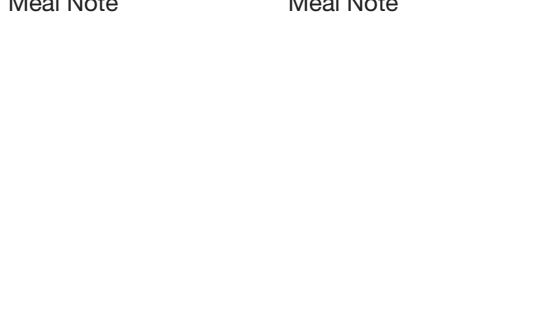
Daily Notes

Wednesday, 1 Feb



Meal Note

Meal Note



Meal Note

Meal Note

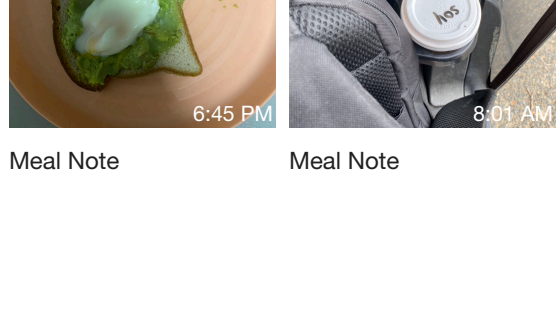


Meal Note

Meal Note

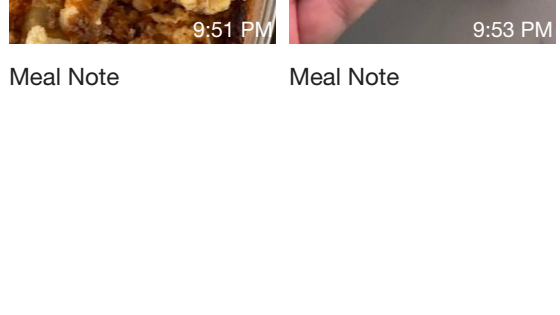
Daily Notes

Tuesday, 31 Jan



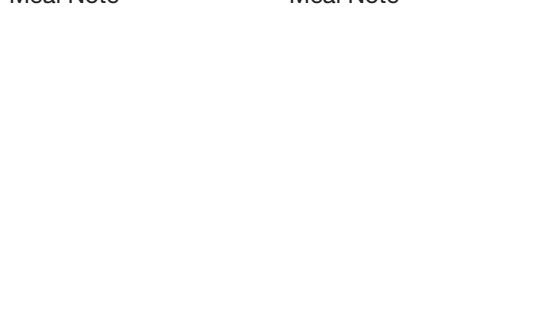
Meal Note

Meal Note



Meal Note

Meal Note

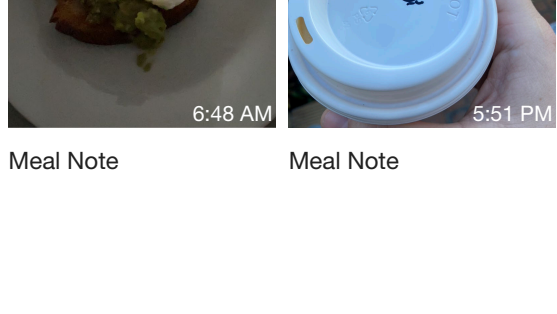


Meal Note

Meal Note

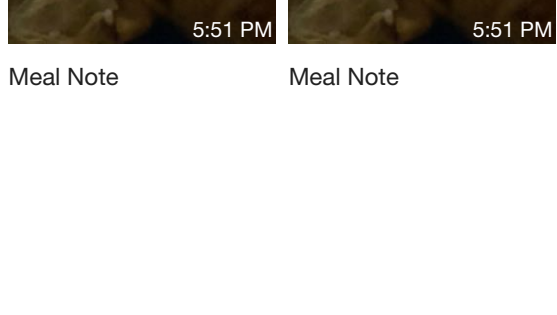
Daily Notes

Monday, 30 Jan



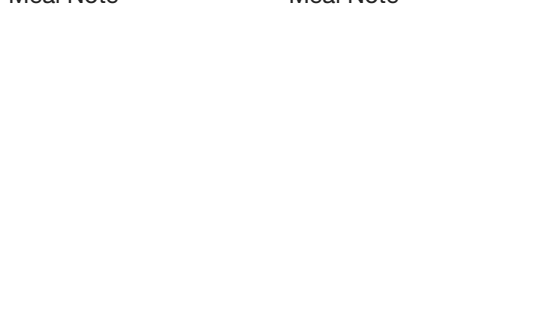
Meal Note

Meal Note



Meal Note

Meal Note

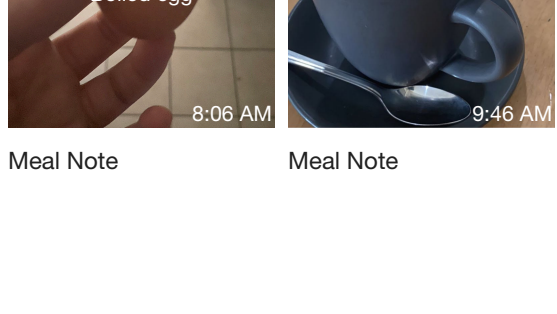


Meal Note

Meal Note

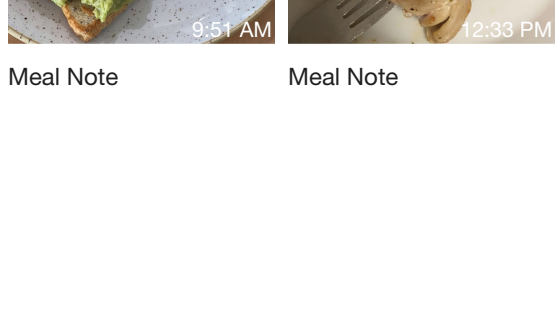
Daily Notes

Sunday, 29 Jan



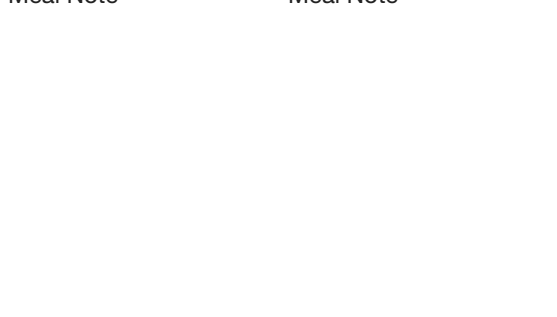
Meal Note

Meal Note



Meal Note

Meal Note

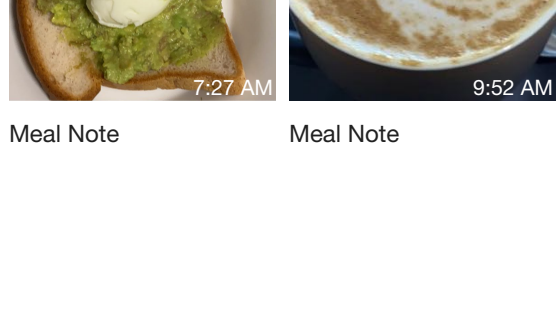


Meal Note

Meal Note

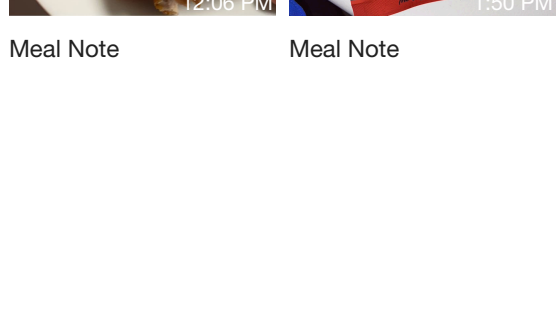
Daily Notes
Walk at sun

Saturday, 28 Jan



Meal Note

Meal Note



Meal Note

Meal Note

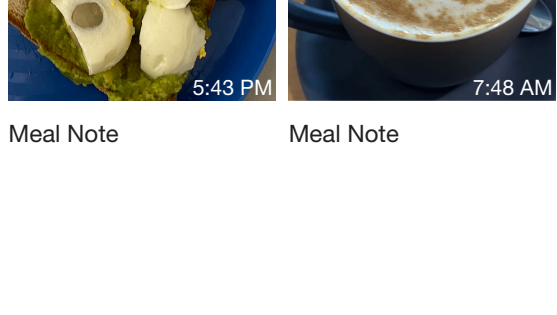


Meal Note

Meal Note

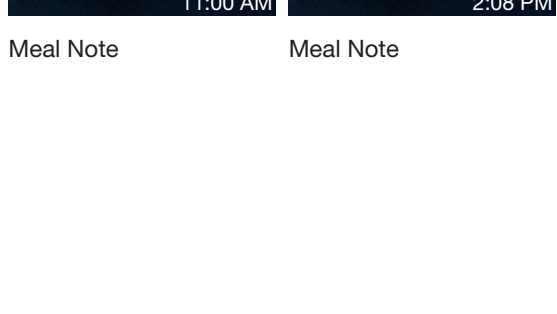
Daily Notes

Friday, 27 Jan



Meal Note

Meal Note



Meal Note

Meal Note



Meal Note

Meal Note

Daily Notes