MY 14-DAY SHARE Thursday, 9 Feb Tuesday, 7 Feb Wednesday, 8 Feb Meal Note 10 crackers Meal Note Meal Note Meal Note Meal Note Meal Note Meal Note Daily Notes Daily Notes Daily Notes Sunday, 5 Feb Saturday, 4 Feb Monday, 6 Feb Meal Note Tuna Meal Note Meal Note Meal Note Meal Note Meal Note Meal Note Daily Notes
Period came a week early. Began today.
Cycle 27 days Daily Notes Daily Notes Wednesday, 1 Feb Friday, 3 Feb Thursday, 2 Feb 5:49 AM Meal Note Meal Note Meal Note Meal Note Meal Note Meal Note 2 cabbage rolls 4:03 PM Meal Note Daily Notes
Pain in tummy below the belly button. Dark Blood in urine. Daily Notes Daily Notes Tuesday, 31 Jan Monday, 30 Jan Sunday, 29 Jan Meal Note Meal Note Meal Note Meal Note Meal Note Meal Note 2 cabbage rolls Meal Note Meal Note Meal Note Meal Note Meal Note Meal Note 2 cabbage rolls Meal Note Meal Note Meal Note Meal Note Meal Note Meal Note Daily Notes Walk at 9am Daily Notes Daily Notes Saturday, 28 Jan Friday, 27 Jan Meal Note Meal Note Meal Note Meal Note 2 cabbage rolls 2 cabbage rolls Meal Note **Daily Notes** Daily Notes SEE HOW YOU EAT. Created for you by See How You Eat Food Diary app www.seehowyoueat.com