G-HEALTH
ENTERPRISES

Track My Food Intake

DATE:	TIME/MEAL	FOOD ITEM	AMOUNT	CALORIES	NOTES
Sample: 12/14/17	*6:45am*	*English Muffin*	*1*	*140*	
	6:45am	*Peanut butter*	*2 tablespoons*	*220*	*Ate with English muffin*