

WEEK OF FOOD ENCOUNTERS (30 July - 5 August 2018)

HOW TO READ IT:

one meal

type of meal	mood (before, after or while eating)	time of meal
home made	neutral	8:30-10:30 am
processed food	happy	10:30 am-12:30 pm
restaurant	sad	12:30-2:30 pm
	hungry	4:30-6:30 pm
	sweet cravings	6:30-8:30 pm
		8:30-10:30 pm
		10:30 pm-12:30 am
		2:30-4:30 pm

