Time	Place Kitchen table, desk, couch etc.	Food/Drink List precisely what you ate and drank	Amount	How long did it take to finish?

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Time	Place Kitchen table, desk, couch etc.	Food/Drink List precisely what you ate and drank	Amount	How long did it take to finish?

Spare sheet

Time	Place Kitchen table, desk, couch etc.	Food/Drink List precisely what you ate and drank	Amount	How long did it take to finish?