FOOD AND BM DIARY

Date	BM before bfast	Breakfast	BM 2 hr after bfast	BM before lunch	Lunch	BM 2 hr after lunch	BM before dinner	Dinner	BM 2hr after dinner	BM bed time

FOOD AND BM DIARY

Date	BM before bfast	Breakfast	BM 2 hr after bfast	BM before lunch	Lunch	BM 2 hr after lunch	BM before dinner	Dinner	BM 2hr after dinner	BM bed time

FOOD AND BM DIARY

Date	BM before bfast	Breakfast	BM 2 hr after bfast	BM before lunch	Lunch	BM 2 hr after lunch	BM before dinner	Dinner	BM 2hr after dinner	BM bed time

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