

# Changing Shape

Change your mind, body and life.

## Nutrition Journal

### Meal One

**Calories** **Fat Grams** **Time**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Meal description:

### Meal Two

**Calories** **Fat Grams** **Time**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Meal description:

### Meal Three

**Calories** **Fat Grams** **Time**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Meal description:

### Meal Four

**Calories** **Fat Grams** **Time**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Meal description:

### Meal Five

**Calories** **Fat Grams** **Time**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Meal description:

**Total** **Total Fat** **Goal**  
**Calories** **Grams** **Calories**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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User Notes: