Free Food Journal

Date _____

tips4running.com

*Running tips for beginners to race winners.*

| TIME | FOOD/BEVERAGE | QUANTITY | LABEL |
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WATER INTAKE BY CUPS (1 Cup = 8 ounces)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
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