


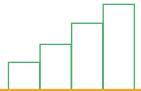
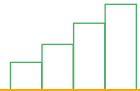
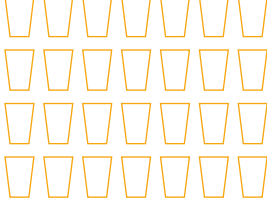
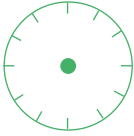



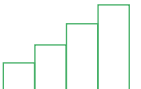
Diario Alimentare


data _____

	COLAZIONE	SPUNTINO	PRANZO	MERENDA	CENA	DOPO CENA
ORA						
LUOGO						
COSA						
QUANTITÀ						
SAZIETÀ						

UMORE  _____	ACQUA 	ORE DI SONNO 	ATTIVITÀ FISICA
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data _____

	COLAZIONE	SPUNTINO	PRANZO	MERENDA	CENA	DOPO CENA
ORA						
LUOGO						
COSA						
QUANTITÀ						
SAZIETÀ						

UMORE  _____	ACQUA 	ORE DI SONNO 	ATTIVITÀ FISICA
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