

FOOD DIARY

MONTH OF _____

| | BREAKFAST | LUNCH | DINNER | SNACKS | WATER | <u>EXERCISE</u> SLEEP |
|-----------|-----------|-------|--------|--------|-------|--------------------------|
| SUNDAY | | | | | | |
| MONDAY | | | | | | |
| TUESDAY | | | | | | |
| WEDNESDAY | | | | | | |
| THURSDAY | | | | | | |
| FRIDAY | | | | | | |
| SATURDAY | | | | | | |

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I am not a doctor, a chemist, nor a dermatologist. I am only a mom, sharing my opinion of life experiences and what I was taught in the AFPA certification program, who wants to provide a more natural and healthy lifestyle for my family and others. The information contained on the Honey Hill Naturals or blog websites, including but not limited to all workout plans, nutritional advice, and healthy lifestyle tips, is provided for informational purposes only, and is not meant to substitute for the advice provided by your doctor or other qualified health care practitioner. The information available on or through the Honey Hill Naturals newsletters, or (including, but not limited to, information that may be provided by writers, editors, healthcare and/or nutrition professionals employed by, or contracting with, Honey Hill Naturals and / or their associates), is not intended to diagnose or treat any disease or prescribe medication. Information and statements regarding dietary supplements or ailments on any of the above sites or newsletters, may not have been evaluated by the Food and Drug Administration (FDA) in the United States of America.

SOCIALIZE WITH US!

We would love to hear from you. Join our Facebook page at Honey Hill Naturals, Inc., and use the hashtag #onetarahill. Share your progress and accomplishments with us. Connect with other women for encouragement, motivation, and support.

We'd love for you to be part of the family.