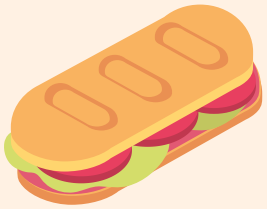
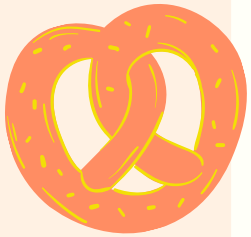


NAME:





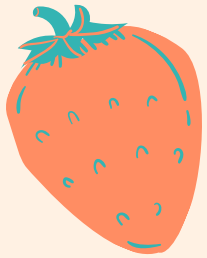
My Food Chart

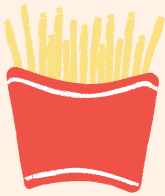
TODAY I TRIED:

DRAW OR WRITE HERE WHAT FOODS YOU HAVE TRIED TODAY

HOW THIS MADE ME FEEL:

Happy	Sad	Poorly
Happy	Sad	Poorly
Happy	Sad	Poorly
Happy	Sad	Poorly
Happy	Sad	Poorly
Happy	Sad	Poorly







north east autism society