

Ernährungsprotokoll  
PHASE 2 (SE 2.0)

| Wochentag                            | Datum | Uhrzeit | Warum | Gefühl davor | Was | Gefühl danach | Phase 1 | Phase 2 |
|--------------------------------------|-------|---------|-------|--------------|-----|---------------|---------|---------|
| M<br>o<br>n<br>t<br>a<br>g           |       |         |       |              |     |               |         |         |
|                                      |       |         |       |              |     |               |         |         |
|                                      |       |         |       |              |     |               |         |         |
|                                      |       |         |       |              |     |               |         |         |
| D<br>i<br>e<br>n<br>s<br>t<br>a<br>g |       |         |       |              |     |               |         |         |
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|                                      |       |         |       |              |     |               |         |         |
| M<br>i<br>t<br>t<br>w<br>o<br>c<br>h |       |         |       |              |     |               |         |         |
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|                                      |       |         |       |              |     |               |         |         |

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| Wochentag                                      | Datum | Uhrzeit | Warum | Gefühl davor                                                                                                                                                                                                                                                | Was | Gefühl danach                                                                                                                                                                                                                                                     | Phase 1                                                                               | Phase 2                                                                               |
|------------------------------------------------|-------|---------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| D<br>o<br>n<br>n<br>e<br>r<br>s<br>t<br>a<br>g |       |         |       |          |     |          |    |    |
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|                                                |       |         |       |          |     |          |    |    |
|                                                |       |         |       |          |     |          |    |    |
| F<br>r<br>e<br>i<br>t<br>a<br>g                |       |         |       |          |     |          |    |    |
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|                                                |       |         |       |          |     |          |    |    |
| S<br>a<br>m<br>s<br>t<br>a<br>g                |       |         |       |          |     |          |    |    |
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|                                                |       |         |       |       |     |       |   |   |
| S<br>o<br>n<br>n<br>t<br>a<br>g                |       |         |       |    |     |    |  |  |
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|                                                |       |         |       |    |     |    |  |  |