	FOOD AND DRINK	DETAILS			
DATE	WHAT	TIME	WHERE	WITH WHO?	MOOD
11/1/09	1 large chicken salad w/balsamic, 1 apple	11:15am	office	coworkers	happy
11/2/09	2 big chunks of dark chocolate	9:45pm	home	alone	aggravated
11/2/09	1 tall glass red wine	9:45pm	home	alone	still aggravated