

Daily Health Journal

Date							
Day: S M T W R F S		Mood	Energy: H M L		Stress: H M L		
BREAKFAST		Servings:	Water (8oz)	Protein (g)	Vegetable (1/2 c)	Fiber (g)	Health Symptoms
morning							
snack							
LUNCH		Servings:	Water (8oz)	Protein (g)	Vegetable (1/2 c)	Fiber (g)	Health Symptoms
mid-day							
snack							
DINNER		Servings:	Water (8oz)	Protein (g)	Vegetable (1/2 c)	Fiber (g)	Health Symptoms
evening							
snack							
TOTALS:							

Dietary Supplements			Medications			Bowel Movements		
Qty.	Description	Dose	Qty.	Description	Dose	AM	PM	Quality
								Loose
								Soft
								Formed
								Hard

EATING HABITS: mindful / distracted

Mindful = chewed thoroughly, took time with meal, enjoyed food, stayed present

Distracted = did not chew thoroughly, rushed meal, thought about other things while eating

List any cravings today: _____