YOUR THREE DAY

ourna





I know, the thought of filling in a food journal makes you want to groan... but this is the groundwork to help us achieve astonishing results!

Consciously tracking what you're eating can help you be more mindful of what, how much, and how often you eat so we can design a plan that works for your unique self.

HOW TO USE THIS JOURNAL

Keep this journal with you where ever you go.

Record everything, even that cup of coffee with a teaspoon of sugar or honey. Yes, the good, the bad and the ugly. Write it all down.

Notice and record how you feel after each meal or snack. Do you feel light and energized after eating some meals or snacks? Do other foods leave you feeling sleepy – sluggish – bloated or achy?

Food is Fuel. Food is Medicine. Let's do this!

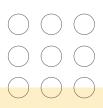


DATE:

	WHAT I HAD:	HOW I FELT:
UPON WAKING		
TIME:		
BREAKFAST		
TIME:		
SNACK		
TIME:		
LUNCH		
TIME:		
SNACK		
TIME:		
DINNER		
TIME:		
BEFORE BED		
TIME:		

HYDRATION:

NOTES:





DATE:

	WHAT I HAD:	HOW I FELT:
UPON WAKING		
TIME:		
BREAKFAST		
TIME:		
SNACK		
TIME:		
LUNCH		
TIME:		
SNACK		
TIME:		
DINNER		
TIME:		
BEFORE BED		
TIME:		

HYDRATION:

NOTES:

$\bigcirc \bigcirc \bigcirc \bigcirc$	
$\bigcirc \bigcirc \bigcirc$	
$\bigcirc \bigcirc \bigcirc \bigcirc$	
$\bigcirc \bigcirc \bigcirc \bigcirc$	



	WHAT I HAD:	HOW I FELT:
UPON WAKING		
TIME:		
BREAKFAST		
TIME:		
SNACK		
TIME:		
LUNCH		
TIME:		
SNACK		
TIME:		
DINNER		
TIME:		
BEFORE BED		
TIME:		

HYDRATION:

 $) \bigcirc \subset$

NOTES:

66

One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

LUCIANO PAVAROTTI



EATFORLIVING.CA