


YOUR THREE DAY

---

# Journal







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!*

---

# Day One

DATE:

WHAT I HAD:

HOW I FELT:

<b>UPON WAKING</b> TIME:		
<b>BREAKFAST</b> TIME:		
<b>SNACK</b> TIME:		
<b>LUNCH</b> TIME:		
<b>SNACK</b> TIME:		
<b>DINNER</b> TIME:		
<b>BEFORE BED</b> TIME:		

HYDRATION:

NOTES:

---

---

---

---

# Day Two

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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Day Three

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:

---

---

---

---

---

“

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



EAT FOR LIVING

[EATFORLIVING.CA](http://EATFORLIVING.CA)