

Daily Food Journal

- Record all that you eat and drink in one day, for seven days. Be honest! Please include everything, including amounts.
- Improve your awareness – notice & indicate how you feel physically, mentally, emotionally, and spiritually at certain points throughout the day.
- Start any day of the week. Complete *at least* three full days, including one Saturday or Sunday.

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|-----------------------|--|--|--|--|--|--|--|
| Day | | | | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Night Snack | | | | | | | |
| Mood, energy, etc. | | | | | | | |
| Number BMs | | | | | | | |