

FOOD & MOOD JOURNAL DIRECTIONS

Purpose

The purpose of your *Food & Mood Journal* is to:

- **Increase your awareness** of what you eat, how you feel, how much you move, and how you digest. As Peter Drucker said, “What gets measured gets managed.” The simple act of tracking can often lead to positive dietary and lifestyle changes even without conscious change.
- **Track your progress over time.** Tangible progress is one of the most powerful motivators and tracking what you eat and how you feel is an excellent way to help you and your Nutritional Therapy Practitioner or Nutritional Therapy Consultant identify improvement.
- **Provide actionable data** to your Nutritional Therapy Practitioner they can use to create a personalized action plan.

Directions

Please try to be as detailed and honest as possible. Do not self-edit to make your journal look healthier and don't worry if you happen to track during atypical events (travel, parties, weddings, etc.). Nutritional Therapy only works when you are honest with yourself and your Nutritional Therapy Practitioner.

Ideally, you should complete at least three days of the journal (though seven or more are ideal), including at least one weekend day.

WAKE & SLEEP TIMES

- Enter the time you woke up in the “Wake Time” field.
- Enter the time you estimate that you fell asleep the night before in the “Sleep Time” field.

MEAL & TIME COLUMN

- Write the time that you begin and finish each meal or snack.

FOODS COLUMN

- Write down **everything** you eat, including all meals, snacks, etc.
- Include approximate amounts for each food item in pounds, ounces, grams, cups, tablespoons (Tbsp), teaspoons (tsp), etc.
- As much as possible, try to indicate the quality and source of meats, eggs, vegetables, oils, etc. (e.g. “organic grass-fed beef” instead of just “beef”).
- Indicate if a meal was home cooked, store bought, or eaten at a restaurant.
- Please indicate if you skipped a meal or fasted.

DRINKS COLUMN

- Write down **everything** you drink, including coffee, tea, alcohol, water, etc.

FOOD & MOOD JOURNAL DIRECTIONS

- Include approximate amounts for each beverage in fluid ounces (fl. oz.) or milliliters (ml).
- As much as possible, try to indicate the quality and source of your water (e.g. filtered, natural spring, well, tap, etc.).

SUPPS, HERBS & MEDS COLUMN

- Write down the product name and dosage of each supplement, herb, or medication you take.

ENERGY & MOOD COLUMN

- Keep track of your energy level and mood throughout the day, especially as related to meals.

MOVEMENT & RELAXATION COLUMN

- Track the type, time, and intensity of all movement and exercise.
- If you engage in any relaxation activities, note the type and duration.

DIGESTION & REACTIONS COLUMN

- Monitor your digestion throughout the day, noting any bloating, gas, nausea, abdominal cramps, etc.

- If you have any reactions to specific foods, drinks, etc., note them here.
- If you have a bowel movement, note the time and Bristol number (see chart below).



1 SEPARATE HARD LUMPS. DIFFICULT TO PASS.



2 LUMPY & SAUSAGE LIKE. DIFFICULT TO PASS.



3 SAUSAGE SHAPE WITH CRACKS ON SURFACE.



4 SMOOTH, SOFT SAUSAGE SHAPE. NO CRACKS.



5 SOFT BLOBS WITH CLEAR-CUT EDGES.



6 MUSHY WITH RAGGED EDGES.



7 LIQUID WITH NO SOLID PIECES.

FOOD & MOOD JOURNAL SAMPLE

NAME Frankie Foodie DATE Jun. 1, 2017 WAKE TIME 6:30 am SLEEP TIME 10:30 pm

| MEAL TIMES | FOODS | DRINKS | SUPPS, HERBS & MEDS | ENERGY & MOOD | MOVEMENT & RELAXATION | DIGESTION & REACTIONS |
|---|---|--|---|---|---|--|
| START: <u>7:30 am</u> END: <u>8:00 am</u> | 2 slices uncured bacon. 3 pasture-raised eggs. 2 cups organic spinach. | 12 fl. oz. black coffee 8 fl. oz spring water | 3 Beta-TCP 3 Thorne Bio-Gest 1 Prescript-Assist | Low energy. Needed coffee to get going. | Meditated for 5 minutes before breakfast. | Felt bloated and gassy 1 hour after breakfast. Bowel movement at 8:30. Bristol 2. Floated. |
| START: <u>12:30 pm</u> END: <u>1:00 pm</u> | Salad with grilled steak, 2 C organic greens, 12 olives, 1/2 avocado, olive oil, balsamic vinegar | 32 fl. oz. filtered water between breakfast and lunch | 3 Beta-TCP 3 Thorne Bio-Gest | Started feeling cranky at 11. | Took a 20-minute walk after lunch. | Felt nauseous after meal. |
| START: <u>3:30 pm</u> END: <u>3:40 pm</u> | Large organic green apple with 1 tablespoon organic salted peanut butter | 12 fl. oz. coffee with heavy cream. 32 fl. oz. filtered water between lunch and dinner. | | Started feeling sleepy and unmotivated at 2:30. | Short walk around office when I started feeling sleepy. | Gassy and loud gurgles in gut. |
| START: <u>6:30 pm</u> END: <u>7:30 pm</u> | 5 oz. wild-caught salmon. 10 spears organic asparagus with butter. 1/2 cup white rice. | 5 fl. oz. cabernet sauvignon wine. | 3 Beta-TCP 3 Thorne Bio-Gest | | 30 minutes of free weights at gym before dinner. | |
| START: <u>9:30 pm</u> END: <u>10:00 pm</u> | 15 raw almonds. 1 tsp raw honey. | Yogi Soothing Caramel Bedtime Tea (Caffeine Free) | 1 Prescript-Assist | Really run down and ready for bed. | 20-minute Epsom salt bath after dinner. | |