

PATIENT NAME: Emily Young

NEXT APPOINTMENT:

DATE: 1/5/23

	TIME		FOOD	DRINK	DIGESTIVE SYMPTOMS
.g.	12:00	L	chicken sandwich with avocado, white bread	coffee + 2 sugars	bloated and tired
DAY 1	8am	B	collagen smoothie (banana, strawberry, cucumber)		
	12:30	L	pumpkin soup + buttered roll	mag powder	
	6:30	D	steak, chips, ^{zucchini} broccoli beans	cordial	
	1pm	S	fibre one choc bar	1.5L water	
DAY 2	9am	B	lady shake		
	12:30	L	pumpkin soup + buttered roll	mag powder	tired
	7pm	D	steak, potato, stir fried veggies	cordial	
		S	shortbread biscuit, banana	1 L water	
DAY 3	8:30	B	collagen smoothie		
	1pm	L	nachos	glass of coke	
	7:30	D	roast chicken + fried rice	cordial	
	8:30pm	S	dark chocolate (2 squares)	750ml water	
DAY 4	9:30	B	Lady shake		
	12:45	L	Savory mince		
	6:30	D	roast chicken + fried rice	cordial	
		S		350ml water	
DAY 5	7:30	B	collagen smoothie		
	12	L	pumpkin soup + 2x buttered bread	cordial	
	6:30	D	beef + gravy roll	coke	
	9:30	S	maccas small meal	coke	cramping
DAY 6	7:30 am	B	bacon, scrambled eggs + toast	herbal tea	
	3:00 pm	L	pie	coke	
	8:30 pm	D	fried rice	coke	
	6 pm	S	spiral potato	cordial	
DAY 7	9	B	fritters, bacon, eggs	Water	
	1:30 pm	L	lamb cutlets, carrots, salad	cordial	
	6:30pm	D	curried sausages w rice	beer	
		S			

Examples: Drinks = tea, coffee, water, juice, soft drinks, alcohol

B = Breakfast L = Lunch

FOOD LIFESTYLE DIARY

This food and lifestyle diary will help you track your daily eating habits, and become more aware of your moods, discomforts and activity levels.

	 ENERGY	 STRESS	 ANXIETY	 EXERCISE	 SLEEP	 MOOD	 BOWEL MOVEMENT
	e.g. 2/10	e.g. 2/10	e.g. 2/10	e.g. walk, 30min	e.g. poor, medium, great, interrupted	e.g. happy, sad, angry	e.g. loose, well-formed, hard
DAY 1	$\frac{4}{10}$	$\frac{5}{10}$	$\frac{5}{10}$	Type = Duration =	medium	annoyed	loose Times per day = 1
DAY 2	$\frac{5}{10}$	$\frac{4}{10}$	$\frac{4}{10}$	Type = cardio Duration = 30 min	medium, interrupted	happy	well formed, felt incomplete Times per day = 1
DAY 3	$\frac{3.5}{10}$	$\frac{4}{10}$	$\frac{3}{10}$	Type = Duration =	interrupted	tired	well formed Times per day = 1
DAY 4	$\frac{4}{10}$	$\frac{7}{10}$	$\frac{7}{10}$	Type = Duration =	interrupted	tired	well formed Times per day = 1
DAY 5	$\frac{2}{10}$	$\frac{7}{10}$	$\frac{7}{10}$	Type = Duration =	interrupted	tired	well formed Times per day = 1
DAY 6	$\frac{3}{10}$	$\frac{9}{10}$	$\frac{9}{10}$	Type = Duration =	interrupted	tired/stressed	well formed Times per day = 1
DAY 7	$\frac{4}{10}$	$\frac{5}{10}$	$\frac{5}{10}$	Type = Duration =	medium	tired	well formed Times per day = 1

PRACTITIONER NOTES:



**herb+
spice**

naturopathy
nutrition