

FOOD LIFESTYLE DIARY

This food and lifestyle diary will help you track your daily eating habits, become more aware of your moods, discomforts and activity levels. Monitoring your daily wellbeing is a great way to get in touch with your inner health.



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	$\frac{4}{10}$	$\frac{7}{10}$	$\frac{7}{10}$	Type = walk Duration = 30	medium	ok	hard Times per day = 2
DAY 2	$\frac{3}{10}$	$\frac{6}{10}$	$\frac{6}{10}$	Type = walk Duration = 20 (rain)	poor	tired	4 soft/runny 5th (di) 5 Times per day =
DAY 3	$\frac{5}{10}$	$\frac{7}{10}$	$\frac{7}{10}$	Type = Body pump Duration = 50 mins	medium	happy	2 am (di) soft Times per day =
DAY 4	$\frac{6}{10}$	$\frac{7}{10}$	$\frac{6}{10}$	Type = body pump Duration = 55 mins	medium	happy	1 soft Times per day =
DAY 5	$\frac{6.5}{10}$	$\frac{6}{10}$	$\frac{6}{10}$	Type = Duration =	good awake	happy	11 soft Times per day = 2
DAY 6	$\frac{6.5}{10}$	$\frac{6}{10}$	$\frac{6}{10}$	Type = pilates Duration = 40 mins	good awake	happy ok	1 Times per day =
DAY 7	$\frac{6.5}{10}$	$\frac{6}{10}$	$\frac{7}{10}$	Type = Duration =	interrupted	ok happy	11 soft Times per day = 2

PRACTITIONER NOTES:



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