








# 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	5/10	4/10	3/10	Type = nil. Duration =	redwin. Woke x 2.	Happy.	Slightly soft.  Times per day = 1
DAY 2	5/10	4/10	2/10	Type = nil Duration =	medium	happy	firm.  Times per day = 1
DAY 3	6/10	3/10	2/10	Type = nil Duration =	medium	Happy	1st - firm slightly soft. 2nd - soft. Times per day = 2
DAY 4	6/10	4/10	3/10	Type = cleaning car. Duration = 1hr.	good.	happy.	slightly soft.  Times per day = 1
DAY 5	6/10	5/10	3/10	Type = nil Duration =	good.	edgy.	slightly soft.  Times per day = 2
DAY 6	5/10	4/10	3/10	Type = nil Duration =	good	happy	well formed  Times per day = 1
DAY 7	5/10	4/10	3/10	Type = nil. Duration =	good.	happy	slightly soft.  Times per day = 2.

## PRACTITIONER NOTES:



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