FOOD JOURNAL

DAY 1:

WHAT I ATE TODAY						
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
WATER (√) □ □ □ □ □ □ □ OTHER BEVERAGES						
UNII	I FELT TO	nnav			NTUED INFO	
nuw	TEEL I	JUAY			OTHER INFO	
WOKE UP FEELING	good	☐ just ok ☐ bad		SLEPT FOR	_ HOURS LAST	NIGHT
MOOD	good	☐ just ok ☐ bad		EXERCISED FOR	MINUTES	TODAY
ENERGY	good	☐ just ok ☐ bad		TYPE OF EXERCI	SE	
ISSUES EXPERIENCED TODAY				OTHER NOTES		
☐ bloating ☐ gas ☐ heartburn ☐ belching/burping			ıg			
constipation loose bowel movements						
skin irritation/rashes/breakouts headaches						
Other						





FOOD JOURNAL

DAY 2:

WHAT I ATE TODAY						
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
WATER (√) □ □ □ □ □ □ □ OTHER BEVERAGES						
HOW I FELT TODAY				OTHER INFO		
WOKE UP FEELING	good just o	k 🗌 bad	SLEPT FOR	HOURS LAST NIGHT		
MOOD	good just o	k 🗌 bad	EXERCISED FOR	MINUTES TODAY		
ENERGY	good just o	k 🗌 bad	TYPE OF EXERO	CISE		
ISSUES EXPERIENCED TODAY			OTHER NOTES			
☐ bloating ☐ gas ☐ heartburn ☐ belching/burping						
onstipation loose bowel movements						
skin irritation/rashe	s/breakouts 🗌 heada	aches				
☐ other						





FOOD JOURNAL

DAY 3:

WHAT I ATE TODAY						
BREAKFAST						
LUNOU						
DINNER						
SNACKS						
WATER (√) □ □ □ □ □ □ □ OTHER BEVERAGES						
HOW I FELT TODAY	OTHER INFO					
WOKE UP FEELING ☐ good ☐ just ok ☐ bad	SLEPT FOR HOURS LAST NIGHT					
MOOD good just ok bad	EXERCISED FOR MINUTES TODAY					
ENERGY	TYPE OF EXERCISE					
ISSUES EXPERIENCED TODAY	OTHER NOTES					
bloating gas heartburn belching/burping						
constipation loose bowel movements						
skin irritation/rashes/breakouts headaches						
Other						

