



FOOD JOURNAL INSTRUCTIONS

Use this form to track your daily food intake. Try to keep your food journal with you at all times, and write down ALL the food and drinks you take into your body. Please include what time you ate each meal. For each meal, please describe approximate portion amount if you are not exactly sure (*ex: 1 cup of ice cream; 2 small cookies; 1 large plate of spaghetti; 12 oz of Coke; etc.*) When eating meat, remember that a 3-ounce cooked portion is about the size of a deck of cards. Make sure you include "extras," such as ketchup on your hamburger or cream in your coffee. Pay attention to your digestion and your intuitive sense of how well a food is nourishing you. Begin to get a closer look at why you eat at specific times, why you eat specific foods, the pace at which you eat, the environment in which you eat, etc.

The other sections of your food journal is to record your mood, energy level, physical symptoms, digestive health, physical activities, and personal observations for the day (*ex: Mood & Energy level = was tired and cranky after big lunch at work; Personal Observations = felt healthy and strong after going for a long run; Digestive = was gassy after drinking beers at the game; Exercise = ran in the morning 30 minutes, played with kids for one hour outside after dinner.*) Most of us eat out of habit without paying attention to the effects our food has on us. For example, how do you feel before and after meals; how do you feel when you wake up and before you go to bed; when was your energy high or low; when did you have cravings; etc.

You may include any number of observations not listed here. You may not know if your emotional or physical responses are due to diet or a combination of diet and other factors. Write them down without judgement, and record other non-food experiences that also may be factors in your responses. Consciousness about our diet and its effects develops the motivation to make changes. I know this may sound like a daunting task, but this journal will be very important as we work together.

Remember to be honest. Simply record without judgement what your current eating, exercise, and lifestyle patterns are. We can only begin to move forward when we truly understand and acknowledge where we are starting from. You may use the food journal form attached or you may find your own journal. Whatever works best for you and will lead to your success is fine. If you use your own journal please make sure to include all the information requested on the food journal form.

Have fun!