



Your Specialized Journal Format



Directions: Use this format as a guideline for your daily food and body journal entry. I recommend devoting a special journal/notebook that you LOVE for this process. Each day answer the questions stated below.

Write Your daily affirmation

Write Your daily intention (Ex. I intend to be happy, joyful and trust the flow of life today. Or I intend to slow down and eat mindfully.)

Write Your Note to self after each meal

What did I do today?

Breakfast:-what I ate , how I felt, how and where did I eat?

Lunch: what I ate , how I felt, how and where did I eat?

Dinner: what I ate, how I felt, how and where did I eat, who I ate with

Snacks: what I ate, why? Rate my hunger level. Was I tired, bored, annoyed hungry?

Liquids: What ? Why? How much? How did I feel?

Exercise? What?

Did I practice deep breathing?

Yoga or mind body exercise?

Spirituality?

Time in Nature?

Meditation/ prayer/ alone time/journal?

Did I make meaningful connections?

Relationships?

Intimacy? Hugs kisses, loving touch? Good communication?

Career? Exciting and passionate and fulfilling work?

Foods Eaten

Sugar

Dairy

High quality protein

Whole grains

Green leafy vegetables

Rainbow veggies

Stimulants –caffeine, coffee, soda

Processed, chemicalized foods

Alcohol

Condiments

