

Daily Nutrition + Activity Journal

Please complete the following journal entries as thoroughly and accurately as possible. Include food measurements (or estimates) and brand names if possible... the more information the better!

TIME	MEAL LENGTH	FOOD TYPE + AMOUNT	LIQUID TYPE + AMOUNT	WHERE + WITH WHOM	FEELINGS, ENERGY BEFORE MEAL	FEELINGS, ENERGY AFTER MEAL

TIME	LENGTH OF ACTIVITY	TYPE OF ACTIVITY	LOCATION OF ACTIVITY	ENERGY, EMOTIONS BEFORE ACTIVITY	ENERGY, EMOTIONS AFTER ACTIVITY