



FOOD JOURNAL

Use this daily journal to keep track of how the foods you eat make you feel. Not only is this a way to practice mindful eating, but it is also an evidence-based strategy to help identify food sensitivities so that you can choose nourishing foods that energize you & make you feel your best.

FOOD JOURNAL

MONDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where, & with whom:

Feelings & observations:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where, & with whom:

Feelings & observations:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where, & with whom:

Feelings & observations:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where, & with whom:

Feelings & observations:

Did I feel energized or tired after I ate?

FOOD JOURNAL

TUESDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

FOOD JOURNAL

WEDNESDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

FOOD JOURNAL

THURSDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

FOOD JOURNAL

FRIDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

FOOD JOURNAL

SATURDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

FOOD JOURNAL

SUNDAY

How did you nourish your body with food today?

BREAKFAST

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

LUNCH

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

DINNER

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

SNACKS

What I ate:

When, where & with who:

Feelings & notes:

Did I feel energized or tired after I ate?

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SUMMARY

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Refelct on houw you nourished yourself with food in the last week. Read over the notes you took from your food joirnal and write your thoughts below.

DID I TAKE TIME TO EAT MINDFULLY THIS WEEK?

WHAT FOODS NOURISHED ME THIS WEEK?

WHAT FOODS DID I CRAVE AND WHY?

WHAT SHOULD I EAT LESS OF AND WHAT SHOULD I EAT MORE OF?

WHAT CHANGES WILL I MAKE FOR HOW I NOURISH MY BODY NEXT WEEK?