

Food Journaling

A food diary is a powerful tool to bring awareness to your eating patterns. Feel free to use this form or recreate it in a more convenient way that works for you. Have a designated notebook for your food journaling needs for example.

Note how you are feeling physically and emotionally during that meal, snack or beverage. At first it may be unusual to do so, you may just write fine or good.

Here are some ideas:

Physical symptoms are body sensations:

For imbalance: headaches, stomach pain, muscle cramps, shakiness, restlessness, insomnia, no concentration.

For balance: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, strength, good attention span.

Emotional symptoms may be a little harder to notice:

For imbalance: anxious, bored, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.

For balance: confident, excited, energized, happy, focused, calm, relaxed, easygoing, patient.

My Food Diary

Time of day	What I ate/drunk	How I felt Physical symptoms	How I felt Emotional symptoms





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Discover Life the Healthy Way