

Food and Wellness Journal

Name: _____

Date: _____

Temperature (*upon rising*): _____

How do I feel physically & mentally Physical pain, energy level, stress level, mood and emotions	Symptoms gas/bloating, burping, acid stomach, etc	Food cravings Salty, sweet, spicy, chocolate, coffee, starches (breads)
Upon waking:		
After breakfast::		
After lunch:		
Late afternoon:		
After dinner::		

	Time	Here is a list of everything I ate and drank today (including tiny bites)...*please indicate approximate amounts
Pre-breakfast		
Breakfast		
Snack (mid-morning)		
Lunch		
Snack (mid-afternoon)		
Dinner		
Snack (evening)		
Medications / Supplements / Herbs / Other		

What did you notice (physically, mentally) after eating any of the above foods?

Water Intake: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ cups (250 mL in one cup)

Digestion: Number of Bowel Movements: _____ Description (size, colour, undigested food, etc.):

Exercise (#min./type): _____



Conscious Eating

Awareness leads to insight, insight leads to clarity, clarity leads to freedom.

The best way to find optimal health is by first tuning in to your body and become more conscious of the relationship between your food choices and other aspects of your life. Your body will give you all sorts of clues as to the best nutritional choices, as well as clues to those trigger foods. Your job is to be as attentive as possible. A reaction to a certain food may show itself as soon as the food touches your tongue, 30 minutes after you eat it or it can show up to 3 to 4 days later. The more you pay attention and practice awareness, the more attuned you will be to the effects of foods on your physical body, mood and overall energy.

Here are the things that you want to start paying attention to.

Quality of Sleep: Note time and frequency of awakening, depth of sleep, dreams, ease of falling asleep.

First thing in the morning: How rested are you? How does your body feel? (Stiff joints, stuffy or runny nose) What does your face look like? (check eyes, skin, tongue) How are your emotions? What is your enthusiasm level for the new day.

During the day: Physically: Note your energy level, any area of discomfort, hand/feet temperature, allergies. Mentally: Note your alertness, awareness, quality of thought patterns, speed of thoughts, ability to make decision, clarity. Emotionally: Note ability to feel emotions, emotions that get out of control, quality of relationships. Spiritually: Note how centered you are, awareness of your purpose and your essence, connected to others and the whole in general.

Bowel Movements: Note the time, frequency, quality (color, size, hard/soft) ease of elimination.

Feeling to each meal: Note your level of hunger before eating, enjoyment of eating, any emotions, thoughts, energy level before and after eating (it should not drop), level of satiety, digestive discomfort (gas, bloating, indigestion) mental alertness, change in heart rate (an increase in 20 beats per minute within 30 minutes after a meal may signal an allergy) fatigue.

Note any ideas, thoughts, and intuitions that you may have gained by eating consciously, as well as modifications you will want to try. What have you learned? This is the key to change.

