



NAME: _____

If it goes in your mouth, it goes on this Log 😊 Mark "[1]" for each fist-size portion (~8oz), use fractions

1st Day – Date: _____ Score: _____

2nd Day – Date: _____ Score: _____

3rd Day – Date: _____ Score: _____

[] # Hours Sleep

Bowel Movement?

AM

[] Drinks: non-sugar no caffeir

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

NOON-AFTERNOON

[] Drinks: non-sugar no caffeir

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

EVE

[] Drinks: non-sugar no caffeir

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

[] Length & type of **Exercise**:

Today STRESS

[] # Hours Sleep

Bowel Movement?

AM

[] Drinks: non-sugar no caffein

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

NOON-AFTERNOON

[] Drinks: non-sugar no caffein

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

EVE

[] Drinks: non-sugar no caffein

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

[] Length & type of **Exercise**:

Today STRESS

[] # Hours Sleep

Bowel Movement?

AM

[] Drinks: non-sugar no caffeir

[] Meat, Poultry, Fish, Eggs:

[] Green or root vegetables:

[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks :

EMOTIONS/SENSATIONS

NOON-AFTERNOON

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[] Meat, Poultry, Fish, Eggs:

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[] Other protein (nuts, whey...):

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[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks :

EMOTIONS/SENSATIONS

EVE

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[] Meat, Poultry, Fish, Eggs:

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[] Other protein (nuts, whey...):

[] Fruit:

[] Dairy:

[] Starches: beans, Russets,
fries, grains, bread, chips...

[] Sweets, sweet drinks :

EMOTIONS/SENSATIONS

[] Length & type of **Exercise**:

Today STRESS



Multiply "green" x3, "black"x1, "orange" x -1; "red" x -3 = Total Nourishment Score: _____

4th Day – Date: _____ Score: _____

[] # Hours Sleep
Bowel Movement?

AM

[] Drinks: non-sugar no caffeir
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

NOON-AFTERNOON

[] Drinks: non-sugar no caffeir
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

EVE

[] Drinks: non-sugar no caffeir
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks :

EMOTIONS/SENSATIONS

[] Length & type of **Exercise:**

Today **STRESS**

5th Day – Date: _____ Score: _____

[] # Hours Sleep
Bowel Movement?

AM

[] Drinks: non-sugar no caffein
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

NOON-AFTERNOON

[] Drinks: non-sugar no caffein
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

EVE

[] Drinks: non-sugar no caffein
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

[] Length & type of **Exercise:**

Today **STRESS**

6th Day – Date: _____ Score: _____

[] # Hours Sleep
Bowel Movement?

AM

[] Drinks: non-sugar no caffeir
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks :

EMOTIONS/SENSATIONS

NOON-AFTERNOON

[] Drinks: non-sugar no caffeir
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

EVE

[] Drinks: non-sugar no caffeir
[] Meat, Poultry, Fish, Eggs:
[] Green or root vegetables:
[] Other protein (nuts, whey...):
[] Fruit:
[] Dairy:
[] Starches: beans, Russets,
fries, grains, bread, chips...
[] Sweets, sweet drinks:

EMOTIONS/SENSATIONS

[] Length & type of **Exercise:**

Today **STRESS**