| 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: NERGY Score:                | 2 <sup>nd</sup> Day – Date: Score:              | 3 <sup>rd</sup> Day – Date: Score:                            |
| [ ]# Hours Sleep                            | [ ]#Hours Sleep                                 | [ ]#Hours Sleep   |
| Bowel Movement?                             | Bowel Movement?                                 | Bowel Movement?   |
| AM  | AM  | AM  |
| [ ] Drinks: non-sugar no caffeir            | [ ] Drinks: non-sugar no caffein                | [ ] Drinks: non-sugar no caffeir                              |
| [ ] Meat, Poultry, Fish, Eggs:              | [ ] Meat, Poultry, Fish, Eggs:                  | [ ] Meat, Poultry, Fish, Eggs:                                |
| [ ] Green or root vegetables:               | [ ] Green or root vegetables:                   | [ ] Green or root vegetables:                                 |
| [ ] Other protein (nuts, whey):             | [ ] Other protein (nuts, whey):                 | [ ] Other protein (nuts, whey):                               |
| [ ] Fruit:                                  | [ ] Fruit:                                      | [ ] Fruit:  |
| [ ] Dairy:                                  | [ ] Dairy:                                      | [ ] Dairy:  |
| [ ] Starches: beans, Russets,               | [ ] Starches: beans, Russets,                   | [ ] Starches: beans, Russets,                                 |
| fries, grains, bread, chips                 | fries, grains, bread, chips                     | fries, grains, bread, chips                                   |
| [ ] Sweets, sweet drinks:                   | [ ] Sweets, sweet drinks:                       | [ ] Sweets, sweet drinks :                                    |
| EMOTIONS/SENSATIONS                         | EMOTIONS/SENSATIONS                             | EMOTIONS/SENSATIONS   |
| NOON-AFTERNOON                              | NOON-AFTERNOON                                  | NOON-AFTERNOON  |
| Drinks: non-sugar no caffeir                | [ ] Drinks: non-sugar no caffein                | [ ] Drinks: non-sugar no caffeir                              |
| [ ] Meat, Poultry, Fish, Eggs:              | [ ] Meat, Poultry, Fish, Eggs:                  | [ ] Meat, Poultry, Fish, Eggs:                                |
| [ ] Green or root vegetables:               | [ ] Green or root vegetables:                   | [ ] Green or root vegetables:                                 |
| [ ] Other protein (nuts, whey):             | [ ] Other protein (nuts, whey):                 | [ ] Other protein (nuts, whey):                               |
| [ ] Fruit:                                  | [ ] Fruit:                                      | [ ] Fruit:  |
| [ ] Dairy:                                  | [ ] Dairy:                                      | [ ] Dairy:  |
| [ ] Starches: beans, Russets,               | [ ] Starches: beans, Russets,                   | [ ] Starches: beans, Russets,                                 |
| fries, grains, bread, chips                 | fries, grains, bread, chips                     | fries, grains, bread, chips                                   |
| [ ] Sweets, sweet drinks:                   | [ ] Sweets, sweet drinks:                       | [ ] Sweets, sweet drinks :                                    |
| EMOTIONS/SENSATIONS EVE                     | EMOTIONS/SENSATIONS<br>EVE                      | EMOTIONS/SENSATIONS<br>EVE                                    |
| Drinks: non-sugar no caffeir                | [ ] Drinks: non-sugar no caffein                | [ ] Drinks: non-sugar no caffeir                              |
| [ ] Meat, Poultry, Fish, Eggs:              | [ ] Meat, Poultry, Fish, Eggs:                  | [ ] Meat, Poultry, Fish, Eggs:                                |
| Green or root vegetables:                   | [ ] Green or root vegetables:                   | [ ] Green or root vegetables:                                 |
|   | [ ] Other protein (nuts, whey):                 | [ ] Other protein (nuts, whey):                               |
| Other protein (nuts, whey):                 |   | · · · · · · · · · · · · · · · · · ·                           |
| [ ] Fruit:                                  | [ ] Fruit:                                      | [ ] Fruit:  |
| [ ] Dairy:<br>[ ] Starches: beans, Russets, | [ ] Dairy: [ ] Starches: beans, Russets,        | [ ] Dairy: [ ] Starches: beans, Russets,                      |
| fries, grains, bread, chips                 | fries, grains, bread, chips                     | fries, grains, bread, chips                                   |
| [ ] Sweets, sweet drinks:                   | [ ] Sweets, sweet drinks:                       | [ ] Sweets, sweet drinks :                                    |
| EMOTIONS/SENSATIONS                         | EMOTIONS/SENSATIONS                             | EMOTIONS/SENSATIONS   |
| Length & type of Exercise:                  | [ ] Length & type of <b>Exercise</b> :          | [ ] Length & type of <b>Exercise</b> :                        |
| Today STRESS                                | Today STRESS                                    | Today STRESS  |

|   | Multiply green x3, black x1, orange x 1, red x 3 = Total Nourishment Score. |         |   |        |
|---|---|---------|---|--------|
| 4th Day – Date: Synergy Score: Score:                     | 5 <sup>th</sup> Day – Date:S  | Score:6 | 6 <sup>th</sup> Day – Date:                             | Score: |
| [ ]# Hours Sleep  | [ ]# Hours Sleep  | ]       | ] # Hours Sleep   |        |
| Bowel Movement?   | Bowel Movement?   | E       | Bowel Movement?   |        |
| AM  | AM  | ,       | АМ  |        |
| [ ] Drinks: non-sugar no caffeir                          | [ ] Drinks: non-sugar no caffein  | ]       | ] Drinks: non-sugar no caffeir                          |        |
| [ ] Meat, Poultry, Fish, Eggs:                            | [ ] Meat, Poultry, Fish, Eggs:  | ]       | ] Meat, Poultry, Fish, Eggs:                            |        |
| [ ] Green or root vegetables:                             | [ ] Green or root vegetables:   | ]       | ] Green or root vegetables:                             |        |
| [ ] Other protein (nuts, whey):                           | [ ] Other protein (nuts, whey):   | ]       | ] Other protein (nuts, whey):                           |        |
| [ ] Fruit:  | [ ] Fruit:  | ]       | ] Fruit:  |        |
| [ ] Dairy:  | [ ] Dairy:  | [       | ] Dairy:  |        |
| [ ] Starches: beans, Russets,                             | [ ] Starches: beans, Russets,   | [       | ] Starches: beans, Russets,                             |        |
| fries, grains, bread, chips                               | fries, grains, bread, chips   |         | fries, grains, bread, chips                             |        |
| [ ] Sweets, sweet drinks:                                 | [ ] Sweets, sweet drinks:   | [       | ] Sweets, sweet drinks :                                |        |
| EMOTIONS/SENSATIONS                                       | EMOTIONS/SENSATIONS   |         | EMOTIONS/SENSATIONS                                     |        |
| NOON-AFTERNOON  | NOON-AFTERNOON  | N       | NOON-AFTERNOON  |        |
| [ ] Drinks: non-sugar no caffeir                          | [ ] Drinks: non-sugar no caffein  | [       | ] Drinks: non-sugar no caffeir                          |        |
| [ ] Meat, Poultry, Fish, Eggs:                            | [ ] Meat, Poultry, Fish, Eggs:  | [       | ] Meat, Poultry, Fish, Eggs:                            |        |
| [ ] Green or root vegetables:                             | [ ] Green or root vegetables:   | [       | ] Green or root vegetables:                             |        |
| [ ] Other protein (nuts, whey):                           | [ ] Other protein (nuts, whey):   | ]       | ] Other protein (nuts, whey):                           |        |
| [ ] Fruit:  | [ ] Fruit:  | ]       | ] Fruit:  |        |
| [ ] Dairy:  | [ ] Dairy:  | ]       | ] Dairy:  |        |
| [ ] Starches: beans, Russets,                             | [ ] Starches: beans, Russets,   | [       | ] Starches: beans, Russets,                             |        |
| fries, grains, bread, chips                               | fries, grains, bread, chips   |         | fries, grains, bread, chips                             |        |
| [ ] Sweets, sweet drinks:                                 | [ ] Sweets, sweet drinks:   |         | ] Sweets, sweet drinks:                                 |        |
| EMOTIONS/SENSATIONS                                       | EMOTIONS/SENSATIONS   |         | EMOTIONS/SENSATIONS                                     |        |
| EVE   | EVE   | E .     | EVE   |        |
| [ ] Drinks: non-sugar no caffeir                          | Drinks: non-sugar no caffein  | l       | ] Drinks: non-sugar no caffeir                          |        |
| [ ] Meat, Poultry, Fish, Eggs:                            | [ ] Meat, Poultry, Fish, Eggs:  | l       | ] Meat, Poultry, Fish, Eggs:                            |        |
| [ ] Green or root vegetables:                             | [ ] Green or root vegetables:   | [       | ] Green or root vegetables:                             |        |
| [ ] Other protein (nuts, whey):                           | [ ] Other protein (nuts, whey):   | [       | ] Other protein (nuts, whey):                           |        |
| [ ] Fruit:  | [ ] Fruit:  | [       | ] Fruit:  |        |
| [ ] Dairy:  | [ ] Dairy:  | [       | ] Dairy:  |        |
| [ ] Starches: beans, Russets, fries, grains, bread, chips | [ ] Starches: beans, Russets, fries, grains, bread, chips                   | [       | ] Starches: beans, Russets, fries, grains, bread, chips |        |
| [ ] Sweets, sweet drinks :                                | Sweets, sweet drinks:   | 1       | ] Sweets, sweet drinks:                                 |        |
| EMOTIONS/SENSATIONS                                       | EMOTIONS/SENSATIONS   | •       | EMOTIONS/SENSATIONS                                     |        |
| [ ] Length & type of Exercise:                            | [ ] Length & type of Exercise:  |         | ] Length & type of Exercise:                            |        |
| Today STRESS  | Today STRESS  | -       | Today STRESS  |        |