



7 Day Food

Journal

BY KATE DRUMMOND

The *Purposeful* Life

Welcome...

Over the next 7 days use this journal to discover how what you eat, along with your eating patterns, lifestyle and environment make you feel.

For each day you have a page to note down what you ate for Breakfast, Lunch & Dinner, the length of time it took to eat, and how your body responded physically and emotionally.

The next page is blank for you to fill in what your environment was, work, home etc?

Was it a productive, stressful or calm day?

Did you have any cravings, food or drink?

Did any emotion cause you to eat or drink? if so what was it?

I recommend that you complete this journal every month, eliminating the foods that no longer agree with you along the way.

How do I feel?

Here are some examples of emotions and physical feelings.

Every day you'll note down how you're feeling upon waking and when you are about to sleep

In addition after every meal, note down how you feel, emotionally & physically.

Emotionally

alert	hopeless
angry	inspired
anxious	irritable
confused	joyful
content	motivated
creative	nervous
depressed	on edge
detached	powerful
determined	sad
discouraged	sluggish
elated	romantic
energized	sexy
foggy	tense
grateful	tired
guilty	zen
happy	other

Physically

achy	gassy
bloated	headache
body odour	heavy
clean	hot
clumsy	hungry
cold	itchy
congested	light
constipated	jittery
diarrhea	nauseous
dehydrated	oily skin/hair
dizzy	rested
dry skin/hair	sore
energised	strong
feverish	sweaty
fluish	weak
fresh	other

Day One

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day One notes

Day Two

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day Two notes

Day Three

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day Three notes

Day Four

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day Four notes

Day Five

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day Five notes

Day Six

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day Six notes

Day Seven

Morning Mood:

Breakfast:

Time it took to eat:

Emotional:

Physical:

Lunch:

Time it took to eat:

Emotional:

Physical:

Dinner:

Time it took to eat:

Emotional:

Physical:

Snacks:

Evening Mood:

Day Seven notes

Remember small daily steps.
in one direction.

You've got this
& i've got you

Kate x