



14

DAY

Food Diary

 *the* Wellness Waring
Be Healthy. Be Happy.



Your Food Diary

The Food Diary is a powerful tool. By using the Food Diary, you will begin to see how food affects you both physically and emotionally. Feel free to use the form I have attached or re-create it in a more convenient way that works for you.

You may want to try a notepad, agenda book or use a computer. Note how you feel physically and emotionally before, during and after each meal, snack and beverage. By now you know how fabulous it feels to not be bloated, so notice when you add back in foods that were not on your detox.

For example,

Do you feel tired?
 Do you feel bloated? Do you feel irritated?
 Do you feel bored?
 Do you feel hungry? Does your lower back hurt?
 Do you feel constipated?

Get excited for these phases because this is your opportunity to finally diet the diets, stop counting calories and stop dwelling on carbs, proteins and fats; we are simply focusing on the foods that keep you feeling and looking fabulous every second of the day.

This process should be fun and informative. Remember food is not good or bad; your relationship with food is simply defined by what foods fuels your body and gives you endless energy.

Go about this exercise with curiosity and NO JUDGEMENT!

Here is a reminder of the reactions and symptom examples to keep you motivated and on target:

Physical symptoms

bodily sensations

Clues of imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor

Clues of balance: bright eyes, hunger, stamina, natural deep breathing, high energy, restful, sleep, focus, alertness, strength, good attention span, good color

Emotional symptoms

may be more difficult to assess

Clues of imbalance: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper

Clues of balance: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

Adapted from Potatoes Not Prozac, by Kathleen DesMaisons, PhD.



1st

DAY

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3rd
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5th
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7th
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9th
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11th

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Congratulations!

You have just completed two weeks of food journaling.

How do you feel? Are there any patterns you have noticed? Is there a connection to how you feel at certain times of day, and the foods you eat, and how they make you feel?

This process can be extremely interesting and insightful!

If you would like to discuss your diary and to get some feedback from a certified holistic health and lifestyle coach, you are invited to sign up for a free Get Healthy, Happy and Hot Strategy Session with Simone.

Just mention in the booking that you have completed this diary and would like to discuss the results.

To sign up for your free session, [click on this link](#).

You are also encouraged to find us on The Wellness Warung's [Facebook](#) page, or follow us on [Twitter](#), [Instagram](#) and [Pinterest](#) where we share healthy insights and fun inspiration every day.

Take action on anything you have learnt by completing this food diary- it is only by implementing that change can happen!

In health and happiness,

Simone xoxo

Certified
Holistic Health
and Lifestyle
Coach

