|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Hr | Amt | Food and Drinks | Energy\* | Emotional State, Activity, Symptoms |
| Before | After |
|  |  |   |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 Daily Food Journal Date:

\* Energy Scale = 1 (empty), 2 (minimal energy), 3 (neutral), 4 (comfortable), 5 (unfocused, extreme)