

60 DAY

Weight Loss Journey

FOOD DIARY



FOOD DIARY

Use this Food Diary daily throughout your entire program. It's very important to make time after each meal, or at least every night, to document how certain foods make you feel emotionally and physically.

Weight loss is not just about counting calories. Weight loss is about intuitive eating and being conscious about how you feel when you eat and why you eat.

CLUES TO NOTE IN YOUR FOOD DIARY:

PHYSICAL symptoms are bodily sensations.

CLUES FOR IMBALANCE: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.

CLUES FOR BALANCE: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.

EMOTIONAL symptoms may be a little harder to notice.

CLUES FOR IMBALANCE: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.

CLUES FOR BALANCE: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from Potatoes Not Prozac, by Kathleen DesMaisons, PhD

FOOD DIARY

BEFORE BREAKFAST
BREAKFAST
MORNING SNACK
LUNCH
AFTERNOON SNACK
DINNER
BEFORE BED