7 Day Food Symptom Journal

Benefits of the Food Symptom Journal

- Changes the focus from thinking about food as calories and the scale to food as messengers that influence how you feel.
- Allows you to identify patterns in how you are feeling based on your food, and lifestyle.
- Helps you become aware of the frequency that you experience any adverse symptoms.
- Increases awareness of changes that you can make to feel better.

Outcome: Self-Regulation

- · Helps you lean into the foods and activities that make you feel your best.
- · Helps you recognize that you have the ability to control how you feel.

"Now that I can see such a strong correlation, I will not consciously make myself feel this way again."

What is Your Body Communicating to You?

Rather than normalize the symptoms that you are experiencing or mask them, take note of them.

How do you feel...

- · After eating?
- · After drinking coffee?
- After moving versus sitting?
- · After cardio-based workouts vs. strength training vs. yoga?
- When your heart rate increases or you're feeling overwhelmed (stress)?
- · When you are sleep-deprived?

Common Symptoms to Take Note of:



ENERGY

Does this meal make me feel more energized or extremely tired?



BLOATING/ABDOMINAL PAIN

Do I have optimal digestion or feel bloated after this meal?



SLEEP QUALITY

Do the foods & beverages that I've consumed today help me sleep better or lay awake?



HUNGER

Does this meal make me feel satisfied for hours or am I hungry soon after?



BOWEL MOVEMENTS

Does this meal help my bowels feel more regular or less (constipation/ diarrhea)?



CRAVINGS

Do the foods that I've eaten today lead me to have fewer or more cravings?



JOINT PAIN

Am I pain-free or have more joint pain or stiffness 24 hours after this meal?



Name: James Cody Day 1/Date: 5-1-2020

Nutrition Information

Time	Food or Beverage (including serving sizes)	Reported Symptoms
8 am	16 fl oz black coffee with 2 splashes of cream + banana + 8 fl oz water	Not hungry
12 pm	Arugula salad with 2 cups of arugula, 1/4 cup onions, 1/2 cup blueberries, broccoli sprouts, handful of bell peppers, 1/4 cucumber, 4 oz grilled organic chicken, 2 tbsp Primal Kitchen Lemon Dressing with 1 cup peppermint tea + 1 square dark chocolate 80% cacao	Headache before lunch, felt better after eating
2 pm	Kirkland protein bar + 8 fl oz water & diet soda	
6 pm	6 chicken wings + 1/2 baked potato with butter + 1/2 cup steamed broccoli with butter	
8 pm	2 glasses of red wine	

Supplements

2 omega 3s, 2 probiotic, 1 vitamin C

Additional information



SLEEP THE PREVIOUS NIGHT:

- □ 7+ rested hrs □ 7+ interrupted hrs 🗹 6-7 quality hrs
- □ 6-7 interrupted hrs □ <6 hrs



BOWEL MOVEMENT:

□ Constipation □ Pebbly ✔ Firm □ Loose □ Diarrhea
Frequency: Once
Time of Day: Morning



HYDRATION:

□ <30 fl oz □ 30 fl oz **√** 60 fl oz □ 90 fl oz □ 90> fl oz



NOTABLE SYMPTOMS:

- ✓ Fatigue □ Digestion □ Reflux □ Joint Pain□ Mood Swings ✓ Headaches □ Sleep
- Other:



STRESS LEVEL:

□ Extreme □ High □ Medium ☑ Low □ None

Stress Reducing Practice: □ Breathing, ☑ Meditation,
□ Journaling, □ None, □ Other: ______



MOVEMENT:

Walked 3 miles



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My Food is Health

Are you hoping to decrease inflammation, balance blood sugar, restore gut health and improve nutrient deficiencies, so you can show up more fully for your life ?? Are you struggling with symptoms like fatigue, joint pain, digestive upset, mood swings and weight gain? If you feel motivated to transform how you feel, join us for the August My Food is Health program. This will give you the benefits of group coaching combined with personalized labs and interventions.

Just click the button below to apply for our August cohort of My Food Is Health!

APPLY TODAY!

