

# Food Journal

Use this journal to discover more about how you feel during the day, what foods support your energy and more about what you need to feel at your best.



**CONNECTEDEC**  
THRIVING LEADERS. CONNECTED TEAMS. POSITIVE CULTURES.

**We have become very disconnected from how food makes our bodies feel...**

**Emotionally.**  
**Energetically.**  
**Physically.**



Take time to not only write down what you eat and drink, but also the impacts food has on you throughout the day.

Use this journal for the full 7 days and you will be shocked at what you learn about yourself and your nutrition.



We are truly the experts of our bodies and when we listen closely to our inherent wisdom, we can dial into a nutrition plan that is right for us.

Remember we are all biochemically different and foods are processed uniquely in each person.



When you stick to a diet that is based in whole, real food and pay attention to your body, you can find the optimal plan just for you!

**Good Luck!**

# Food Journal

List under each category things that replenish and give you energy



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## DAY 1

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food <small>what + how much</small>	Drinks <small>what + ounces</small>	Emotions/ Thoughts	Energy <small>(low) 1 2 3 4 5 (high)</small> <small>Before After</small>	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY Stress Level**  
(low) 1 2 3 4 5 (high)

**DAILY Nutrition Level**  
(poor) 1 2 3 4 5 (good)

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## DAY 2

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food <small>what + how much</small>	Drinks <small>what + ounces</small>	Emotions/ Thoughts	Energy <small>(low) 1 2 3 4 5 (high)</small> <small>Before After</small>	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY**

**Stress Level**  
(low) 1 2 3 4 5 (high)

**Nutrition Level**  
(poor) 1 2 3 4 5 (good)

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## DAY 3

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food <small>what + how much</small>	Drinks <small>what + ounces</small>	Emotions/ Thoughts	Energy <small>(low) 1 2 3 4 5 (high)</small> <small>Before After</small>	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY**  
**Stress Level**  
(low) 1 2 3 4 5 (high)

**Nutrition Level**  
(poor) 1 2 3 4 5 (good)

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## DAY 4

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food <small>what + how much</small>	Drinks <small>what + ounces</small>	Emotions/ Thoughts	Energy <small>(low) 1 2 3 4 5 (high)</small> <small>Before After</small>	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY Stress Level**  
(low) 1 2 3 4 5 (high)

**DAILY Nutrition Level**  
(poor) 1 2 3 4 5 (good)

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## DAY 5

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food <small>what + how much</small>	Drinks <small>what + ounces</small>	Emotions/ Thoughts	Energy <small>(low) 1 2 3 4 5 (high)</small> <small>Before After</small>	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY**  
**Stress Level**  
(low) 1 2 3 4 5 (high)

**Nutrition Level**  
(poor) 1 2 3 4 5 (good)

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## DAY 6

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food <small>what + how much</small>	Drinks <small>what + ounces</small>	Emotions/ Thoughts	Energy <small>(low) 1 2 3 4 5 (high)</small> <small>Before After</small>	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY**  
**Stress Level**  
(low) 1 2 3 4 5 (high)

**Nutrition Level**  
(poor) 1 2 3 4 5 (good)

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## DAY 7

### Portion guide:

1 Fist = 1 cup  
Two fingers = 1/2 cup

Flat palm = 3 ounces  
Thumb = 1 tablespoon

Handful = 1 ounce  
Fingertip = 1 teaspoon



	Time	Food what + how much	Drinks what + ounces	Emotions/ Thoughts	Energy (low) 1 2 3 4 5 (high) Before After	
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

**Supplements**

**Exercise**  
(type + minutes)

**Sleep**  
(hours last night)

**Bowel Movements**  
(time, size + consistency)

**Overall Mood**

**DAILY**

**Stress Level**  
(low) 1 2 3 4 5 (high)

**Nutrition Level**  
(poor) 1 2 3 4 5 (good)