Sarah

Talks Food

love your life one bite at a time

FOOD-MOOD JOURNAL

How do you climb a mountain? You stand at the bottom and you look up… way, way up… and you make a **DECISION**.

THE **DIFFERENCE** BETWEEN DOING **SOMETHING** AND DOING NOTHING IS **ONE STEP**. ONE STEP IS ALL IT TAKES.

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You **DECIDE** to take that first step. Once you have done that, the hardest part is behind you. Your job now becomes making steps, one after the other, until you reach the top.

Sometimes success will seem IMPOSSIBLE. Sometimes you will make mistakes. But if you truly want to reach your goal, remember:

Failure is foregoing what you **REALLY WANT** for what you want **RIGHT NOW**.

DECIDE WHAT YOU WANT

HOW TO USE THIS JOURNAL

Congratulations on taking such an important step for your health and wellness! I believe that writing things down is the best way to stay accountable and to know what is really going on with my health, my body and my mood. Here is how I use this journal:

1. I enter the date and log the number of hours of sleep I got the night before.
2. I stroke off a water glass every time I drink 8 ounces of water.
3. I enter my menu item and then check the accompanying boxes that apply to that item, based on what I ate. I like to track the number of proteins, fruits & veggies, whole grains and heathy fats I eat in a day. For example:

DATE: Today_____ **SLEEP LOG (Hours)** __7.5__

WATER INTAKE 

	MENU ITEM	Protein √	Fruits & Veggies √	Whole Grains √	Healthy Fats √	MOOD CHECK
Breakfast	Smoothie	√	√		√	Feel great! Energized and ready for the day.
Snack	Apple plus 12 almonds	√	√		√	Satisfied. Love apples!
Lunch	Leftover stir fry w/ quinoa	√	√	√	√	So good. Peanut sauce was yummy. Feel full but not stuffed. Awake.
Snack	Hummus w/ cucumbers	√	√		√	I was hungry so this took the edge off. Feeling good.
Dinner	Crock pot chicken and veggies	√	√			Love coming home to dinner! Ate a bit too much chicken. Feeling very full.
Other	Dark Chocolate					Late night craving!!!

4. I then answer the questions on how I feel about my choices, what I will change for tomorrow, how I moved my body and what I will do to move more tomorrow.

Good luck and I would love to know how this is working for you!! Because I want you to love your life one bite at a time,

Sarah

DATE_____ **SLEEP LOG (Hours)**____

WATER INTAKE



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Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Other						
Other						
Other						

How do I **feel** about my food choices today?

_____

What **changes** will I make tomorrow in order to **feel better**?

_____

What **did I do** today to move my body?

_____

What **will I do** tomorrow to move more?

_____

DATE_____ **SLEEP LOG (Hours)**____

WATER INTAKE



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NOTES