

Client Foods & Moods Journal

For Estimated Calories Use Food Labels, Your Textbook, and/or NutritionData.com or similar internet search.
 Estimates are fine. Please don't stress yourself out. *If you can't find a calorie for something...smile and skip it.*

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning Meal							
Afternoon Meal							
Evening Meal							
Snacks							
Beverages							
Water (oz or mls)							
Est. Total Calories							
Exercise & Minutes							
Morning Energy (1-10)							
Evening Energy (1-10)							
Hours of Sleep							
Sleep Uninterrupted?							
Dream?							
1st Morning pH							
Last Evening pH							
Bowel Movements							
Smoking of Any Kind?							
Moods							

Save Blank Copy for Future Practice. Save Completed Form for Future Lessons.