



- Record all that you eat and drink in one day, for seven days. Be honest! Please include everything, including amounts.
- Improve your awareness – notice & indicate how you feel physically, mentally, emotionally, and spiritually at certain points throughout the day.
- Start any day of the week. Complete *at least* three full days, including one Saturday or Sunday.

Day							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Night Snack							
Mood, energy, etc.							
Number BMs							