

# Daily Food & Mindset Journal



Date: \_\_\_\_\_ MON TUE WED THU FRI SAT SUN

| Time   | Food/Drink & Quantity | Food Type | Emotions/Stress Level/Rhythm |
|--------|-----------------------|-----------|------------------------------|
| Meal 1 |                       |           |                              |
| Meal 2 |                       |           |                              |
| Meal 3 |                       |           |                              |
| Meal 4 |                       |           |                              |
| Meal 5 |                       |           |                              |
| Meal 6 |                       |           |                              |

**Hours of Sleep**  
4 5 6 7 8 9 10

**Energy Level:** \_\_\_\_\_  
\_\_\_\_\_

**Glasses of water (1 cup=250ml)**

**Stress Level:** \_\_\_\_\_  
\_\_\_\_\_



**Movement:** \_\_\_\_\_  
\_\_\_\_\_

**Something I did for me:** \_\_\_\_\_

**How was my day? What were my wins? What have I learned?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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