

# 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=500ml)**



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

\_\_\_\_\_

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

\_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_