

# DAILY FOOD & LIFESTYLE JOURNAL



	TYPE OF FOODS / ACTIVITY	MACRONUTRIENTS / PHYTOCHEMICALS
Waking		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Bedtime		

**P:** Proteins; **F:** Fats; **C:** Carbohydrates; **R:** Red; **O:** Orange; **Y:** Yellow; **G:** Green; **B/P/BL:** Blue/Purple/Black; **W/T/BR:** White/Tan/Brown

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Amount of Sleep: Quality of Sleep: (poor, fair, good)	Type of activity:	Stress Reduction:	Supportive:
Relaxation (Yes/No) Type:	Duration:	Stressors:	Non-Supportive:

Mental	Emotional	Spiritual