

NOURISH & BREATHE

Your 3 Day Diet Diary

	DAY 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Exercise/Moods/Comments			

Take note of how you are feeling after a meal, if sometime later you find yourself feeling bloated, digestive pain, flatulence, indigestion, energy slump, or full of energy etc, make a quick note on your diary. Take note of the amount of water you are drinking. At the end of each day take a minute to reflect on the day and how you are feeling and note in comments. Perhaps carry this with you and make as many scribbles as you wish, the more info we have the better.