

FOOD LIFESTYLE DIARY

This food and lifestyle diary will help you track your daily eating habits, become more aware of your moods, discomforts and activity levels. Monitoring your daily wellbeing is a great way to get in touch with your inner health.

	 ENERGY	 STRESS	 ANXIETY	 EXERCISE	 SLEEP	 MOOD	 BOWEL MOVEMENT
	e.g. 2/10	e.g. 2/10	e.g. 2/10	e.g. walk, 30min	e.g. poor, medium, great, interrupted	e.g. happy, sad, angry	e.g. loose, well-formed, hard
DAY 1	$\frac{5}{10}$	$\frac{7}{10}$	$\frac{7}{10}$	Type = Duration =	medium	happy	Times per day = 1
DAY 2	$\frac{5}{10}$	$\frac{6}{10}$	$\frac{6}{10}$	Type = weights gym Duration = 1/2 hr	woke with headache	happy	Times per day = 1
DAY 3	$\frac{5}{10}$	$\frac{6}{10}$	$\frac{7}{10}$	Type = Duration =	woke with headache	no motivation	Times per day = 1
DAY 4	$\frac{5}{10}$	$\frac{6}{10}$	$\frac{5}{10}$	Type = weights gym Duration = 1/2 hr	great	happy	Times per day = 1
DAY 5	$\frac{5}{10}$	$\frac{5}{10}$	$\frac{8}{10}$	Type = Duration =	woke with headache	no motivation	Times per day = 2
DAY 6	$\frac{7}{10}$	$\frac{6}{10}$	$\frac{7}{10}$	Type = Duration =	medium	no motivation	Times per day = 1
DAY 7	$\frac{5}{10}$	$\frac{6}{10}$	$\frac{7}{10}$	Type = Duration =	Woke with headache	no motivation	Times per day =

PRACTITIONER NOTES:



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