

# Daily Journal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Breakfast</b> at: _____ (time)      Where: _____	
Food & Amount	How it was prepared*
	Mood: (L) 1 2 3 4 5 (H) Energy: (L) 1 2 3 4 5 (H) Stress: (L) 1 2 3 4 5 (H)
Drink & Amount	
<b>Snack</b> at: _____ (time)      Where: _____	
Food & Amount	How it was prepared*
	Mood: (L) 1 2 3 4 5 (H) Energy: (L) 1 2 3 4 5 (H) Stress: (L) 1 2 3 4 5 (H)
Drink & Amount	
<b>Lunch</b> at: _____ (time)      Where: _____	
Food & Amount	How it was prepared*
	Mood: (L) 1 2 3 4 5 (H) Energy: (L) 1 2 3 4 5 (H) Stress: (L) 1 2 3 4 5 (H)
Drink & Amount	
<b>Snack</b> at: _____ (time)      Where: _____	
Food & Amount	How it was prepared*
	Mood: (L) 1 2 3 4 5 (H) Energy: (L) 1 2 3 4 5 (H) Stress: (L) 1 2 3 4 5 (H)
Drink & Amount	
<b>Dinner</b> at: _____ (time)      Where: _____	
Food & Amount	How it was prepared*
	Mood: (L) 1 2 3 4 5 (H) Energy: (L) 1 2 3 4 5 (H) Stress: (L) 1 2 3 4 5 (H)
Drink & Amount	

\* e.g. Baked, Broiled, Sauteed

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