

Nutrition Log

Use this log to keep track of everything you eat, every day.

In addition to *what* you eat, record the *quantity* of each food and *how you feel before, during, and after you eat it*. The *way foods make you feel* is a really important piece of this exercise - you'll gain insight into which foods work best in your body and those that might be good to eliminate from your diet.

Don't beat yourself up if you miss recording a meal - just recommit to doing it and keep going!

Day _____:

Morning

Afternoon

Evening

Day _____:

Morning

Afternoon

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Evening

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Morning

Afternoon

Evening

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