

Food Journal

DATE: _____

Food as Medicine



TODAY I AM GRATEFUL FOR:

WHAT'S YOUR SCORE?

BREAKFAST:

TIME:

FOOD:

WHAT'S YOUR SCORE? _____ (1-10)

LUNCH:

TIME:

FOOD:

WHAT'S YOUR SCORE? _____ (1-10)

DINNER:

TIME:

FOOD:

WHAT'S YOUR SCORE? _____ (1-10)

Check in with yourself and rate how you're feeling from 1 being the worst, all the way up to 10 being the highest (not necessarily the best).

Do a head to toe scan. What do you notice right now?

Write this on the lines provided. You may notice an overall lightness or heaviness, things that you'd like to celebrate, or things that are nagging at you right now.

What self care can you do right now to improve your score? This daily practice will help to bring awareness to how you're feeling at every moment of every day so you can make adjustments to how you're taking care of yourself.

What score are you when you're feeling your best? Maybe it's a 10, but maybe it's an 8.5 because at 10 you're really on a high that may not feel sustainable. Whatever it is for you, keep working towards the place where YOU feel your best.



That which is measured, improves.

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