



## 5 DAY FOOD + DRINK JOURNAL

*For five consecutive days (preferably include both weekday and weekend days) record all your food and drinks, the time you had them, and note any changes in your mood, energy and digestion as they relate to your meals.*

Date: \_\_\_\_\_ Full Name: \_\_\_\_\_

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	NOTES