

WASHINGTON PARK CHIROPRACTIC



FOOD JOURNAL

Kebbie Stine, MNT

kebbiestine@gmail.com | (720) 971-8447

<u>Day</u>	<u>Breakfast</u>	<u>AM Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>	<u>Dessert/Misc</u>
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Use this side for jotting down notes about your day; your mood, how certain foods make you feel (GI distress, energy changes, aches/pains, etc), medications/supplements taken, any unusual schedule changes, sleep quality, or anything else you find pertinent.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	