Food diary

Use this diary to help yourself get a view of your dietary habits and knowledge of your body's signals regarding different kinds of food. Write down a number on a scale from minus 5 to plus 5, valuing how the foods affect your life force. Zero is neutral, minus is negative and plus is good. If you have a special goal around your eating habits, you can also give a note about that.

But don't forget that the goal in itself is not a measure of how successful you are. Whether or not you manage to reach your goal depends on many aspects of your daily life. The point of making a diet diary is to help you learn more about yourself. Learning more about your patterns, you can more easily make decisions that are good for you.

Week day	
Date	
Weight	
Goal for the week	
Today's goal	

Clock	Food	Reason for intake	Feeling before	Feeling afterwards	Qi

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