

Instructions:

1. Please give as much detail as possible about food and drink intake, ensuring that you include everything that passes your lips!
2. Ensure you write down the times of when you eat, drink and exercise in the day.
3. Start a new sheet daily and complete 7 days including 2 weekend days. You can use as many sheets as needed per day. The more information the better for YOU.
4. Describe mood and energy levels with each entry of diet or exercise.
5. Energy levels scale
 - 1 = very fatigued, unable to focus on any task
 - 5 = comfortable and functioning at average capacity
 - 10 = hyperactive, euphoric, top of the world with energy!
6. Be HONEST and ACCURATE, as this will only benefit YOU. There are no right or wrong answers. This is personal to YOU and belongs to YOU