



Daily Health Journal

Health journaling acts as a roadmap by documenting your progress and findings. Watch for signs, even subtle ones, on how your body feels and responds after you eat or when you change your routine or your environment.

You need to act as a detective with your body.

Record EVERYTHING, no matter how insignificant it may seem – itching, nausea, diarrhoea, headaches, cramps, bloating, sweats, skin breakouts or heightened emotions. Looking back in your health journal, you can track patterns and triggers so it becomes easy to put the pieces of the puzzle together, knowing which situations, environments, foods and beverages harm you and which help you.

The health journal also allows you to adjust the program and see what is working for you and what is not. I have looked back on my journals from years ago, pinpointed problem foods, major successes and everything in between. It is an indispensable tool.

You will be keeping a health journal every day for the first month as a minimum requirement (longer is better).

This can be a small spiral notebook, nothing fancy, just a couple of dollars at a discount store.

Each day should be broken down as follows:

Date	
Food and Beverages	What you eat and drink, the amount you eat and time of eating.
Exercise	Exercise for the day: time, duration and type.
Other	<p>This is a bit of a catchall for any other comments that you may want to record. For example, you could note that you were at a business lunch and had something to eat that didn't sit well with you. Alternatively, perhaps you had an important but stressful meeting and developed a migraine.</p> <p>Note any changes in your body – including intense emotions. Again, these will be helpful clues. Are you tired? Are your pants fitting loosely? Is your tongue hairy? Did you have diarrhoea?</p> <p>You may want to record your weight or other readings such as pulse, blood sugar or cholesterol. This is also a perfect place to set your short and long-term goals and chart your progress.</p>

I usually write in my health journal before I go to bed so that I can recall the whole day. If you wait until the following morning, you may forget important details.

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DATE:		
Food & Beverages		
	6:00 am	
	7:00 am	
	8:00 am	
	9:00 am	
	10:00 am	
	11:00 am	
	NOON	
	1:00 pm	
	2:00 pm	
3:00 pm		
4:00 pm		
5:00 pm		
6:00 pm		
7:00 pm		
8:00 pm		
Exercise		
Other		

Do not eat, drink or exercise two hours before bed