



Katrina Hawes
LIVING
NATURALLY
HEALTHY

Food and Body Language Log

List all foods and drinks consumed. Assess yourself 30 minutes to 2 hours after eating. (XS = excess, F = Fat, P = Protein, C = Carbs)

What did you eat?	What was your ratio	Assess your	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:		<i>Satisfaction</i>	Feel Full & Content No Sweet Cravings No Need for Snack	Full BUT Still Hungry (XS F/P) Craving Sweets (XS F/P) Need to Snack (XS C, not enough food)
		<i>Energy</i>	Feel Recharged No Feeling of Crashing Energy is even, not Radically up/down	Energy not improved (XS F/P) Feel Wired but Tired (XS C) Need to Nap (XS C)
		<i>Mood</i>	Feel Uplifted Mind is Clear, No Fog Can Easily Put Words and Thoughts Together	Anxious/Irritable (XS C) Cluttered/Foggy Mind (XS C) Stomach Feels Heavy (XS F/P)



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*This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.