





# My daily journal: nutrition

DATE

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**Tracking your nutrition can help you notice what foods make you feel good or bad.** This information can help you and your healthcare team decide how to adjust your diet. So, use this space to write what you eat throughout the day and record the times of day you eat. Note how hungry you are before eating and whether eating made you feel energized, nauseated or something else.

**MEAL**

TIME

\_\_\_\_ : \_\_\_\_



What I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Before eating, I felt: \_\_\_\_\_

After eating, I felt: \_\_\_\_\_

**SNACK**

TIME

\_\_\_\_ : \_\_\_\_



What I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Before eating, I felt: \_\_\_\_\_

After eating, I felt: \_\_\_\_\_

**MEAL**

TIME

\_\_\_\_ : \_\_\_\_



What I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Before eating, I felt: \_\_\_\_\_

After eating, I felt: \_\_\_\_\_

**SNACK**

TIME

\_\_\_\_ : \_\_\_\_



What I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Before eating, I felt: \_\_\_\_\_

After eating, I felt: \_\_\_\_\_

**MEAL**

TIME

\_\_\_\_ : \_\_\_\_



What I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Before eating, I felt: \_\_\_\_\_

After eating, I felt: \_\_\_\_\_

**SNACK**

TIME

\_\_\_\_ : \_\_\_\_



What I ate: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Before eating, I felt: \_\_\_\_\_

After eating, I felt: \_\_\_\_\_



## *My daily journal: well-being*

DATE

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**When you track key areas of your well-being, it can help you understand what parts of your routine are working well and what needs to change.** Use this space to log daily physical activity, quality of sleep and how you're feeling mentally and physically. On a scale from 1 to 5, with 1 being the worst and 5 being the best, rate how you felt in each area. If you notice any significant changes, reach out to your healthcare team.

### PHYSICAL ACTIVITY

How I was active today: \_\_\_\_\_

Being active made me feel:

Tired      1      2      3      4      5      Energized

Minutes active:

\_\_\_\_\_

### SLEEP

My sleep last night was:

Bad      1      2      3      4      5      Good

Hours slept:

\_\_\_\_\_

### MIND

*How I'm feeling mentally:*

Circle all the words that apply, or add your own.

Unhappy      Happy      \_\_\_\_\_

Lonely      Outgoing      \_\_\_\_\_

Stressed      Calm      \_\_\_\_\_

### BODY

*How I'm feeling physically:*

Circle all the words that apply, or add your own.

Tired      Energetic      \_\_\_\_\_

In pain      Pain-free      \_\_\_\_\_

Unfocused      Clearheaded      \_\_\_\_\_

### DAILY PROMPT: BEING THANKFUL

Think about some of the things you're thankful for today. Then, pick three and write them down. As you write, try to be specific about why you're thankful for these things.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## *My weekly recap*

DATE

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### LOOKING BACK

**Flip back through your daily journal to get an idea of how things went this week.** Think of yourself as a detective—gathering important information to better understand your health and well-being.

#### SOME THINGS TO REFLECT ON:

- Which **foods** you liked and tolerated well and the ones you didn't
- How often you were able to be **active** and how it made you feel
- If you **slept** more or less this week than you usually do
- Your general **mood** throughout the week and what contributed to it
- If your **body** has felt differently for more than a few days

### PATTERNS & CHANGES

After looking back through your week, take a moment to write down any patterns, improvements or changes.

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### HIGHS

Did you consistently record high numbers or positive words in any area? Take time to celebrate! Write down the areas where you're doing well and think of a nice way to treat yourself. Let your healthcare team know too.

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### LOWS

What about low numbers or negative words? Make a note here to talk with your healthcare team about it, so they can offer suggestions and support.

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## *My weekly recap*

DATE

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### LOOKING FORWARD

**Set your intention for this coming week.** What do you most want to focus on? What are some practical steps you can take to make it happen? Is there someone who can help you? Once you've written down your intention, try taking a picture of it and placing it where you can see it during the week.

#### HERE ARE SOME EXAMPLES:

- Commit to changing a particular habit, like consuming caffeine before bed
- Say "yes" when friends or family want to spend time with you
- Have the courage to speak up if you don't understand your doctor

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## *A writing prompt*

### ATTITUDE OF GRATITUDE

Let's give thanks. Take a moment to write a list of the people and things you were thankful for this past week. Be specific about why you were thankful and how it impacted your day. If you feel like it, read what you wrote to some of the people on your list.

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