

HORMONE INTELLIGENCE FOOD-MOOD-SYMPTOM JOURNAL

Studies show that just the act of tracking what we eat can lead to much healthier food choices and outcomes. Learning how foods make you feel also does this. I highly recommend keeping a food journal for three days before you start your Hormone Intelligence Diet, then for one day a week, if you have time, over the next six weeks. You'll gain insight into:

- Food habits and patterns you might not even realize you have
- How various foods make you feel (physically and emotionally)
- Any trouble spots you encounter throughout your day (i.e., the 3 p.m. crash)

Time/M meal	Foods/Beverages Eaten	How I Feel	Good Elimination (a.k.a. went to the bathroom)
_____ woke up			
Breakfast _____ am			
Lunch _____ pm			
Dinner _____ pm			
Other (i.e., snacks) _____ am _____ pm			
_____ am			

While you don't have to write down the answers to each of these questions, pay attention to them as you're keeping the journal so they become second nature:

Before I ate _____ (these foods) I felt _____.

After I ate _____ (these foods) I felt _____.

Examples are:

- Before I ate that bowl of ice cream I felt hungry, tired, bored.
- Before I ate that apple with nut butter I felt mindful, proud of myself for going for a healthy snack.
- After I ate that croissant I felt bloated, gassy, blue.
- After I ate that salmon/greens/buttered sweet potato meal I felt calm and satisfied.

It takes a little work to remember to food journal, but the benefits can be significant.