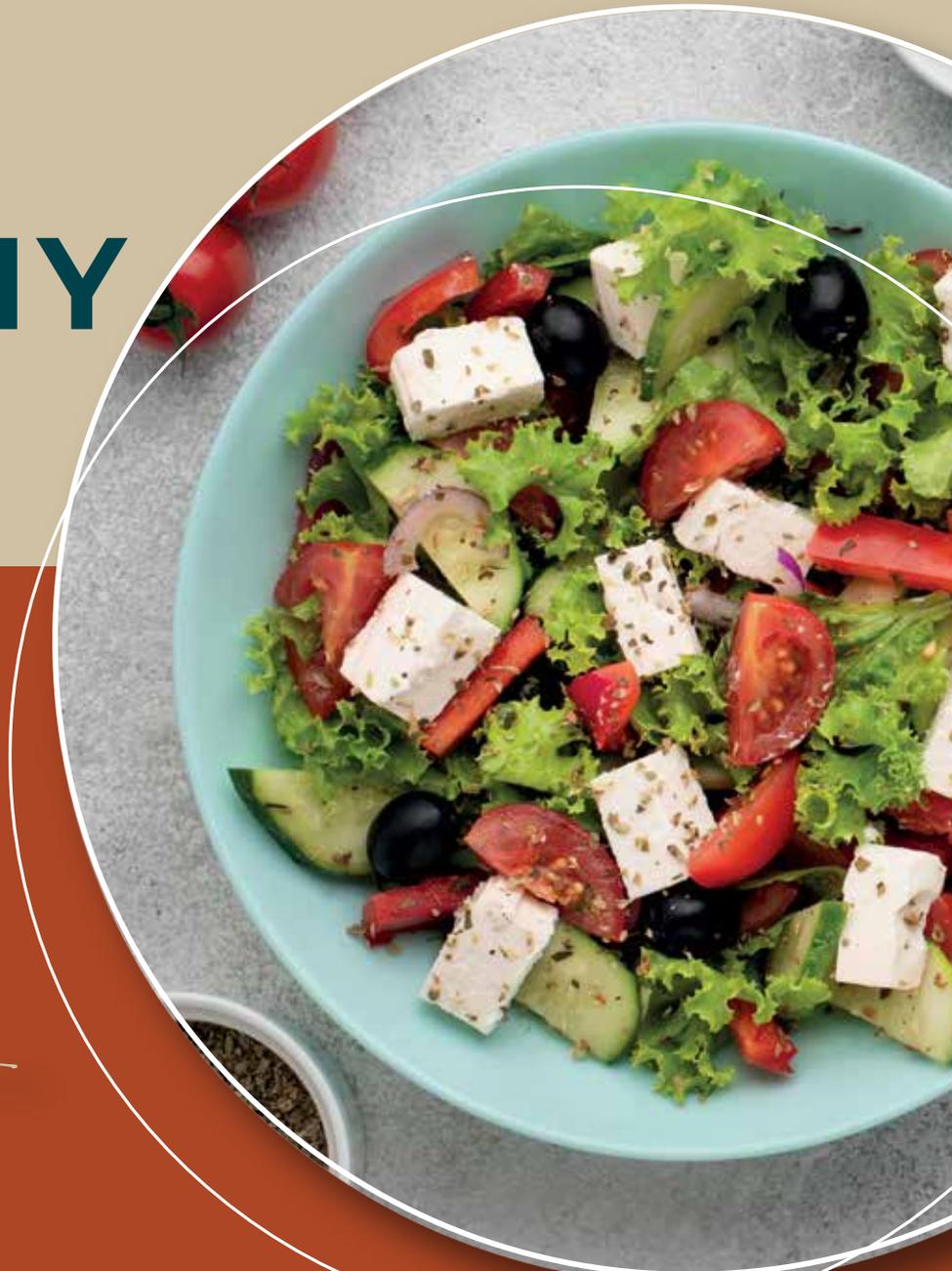


Tricia
TRICIA
PARIDO

INVESTIGATING YOUR FUEL

7- DAY HEALTHY LIVING

*Food
Mood
Journal*





7- DAY HEALTHY LIVING

Food is fuel and it always effects how we function throughout our day. Usually, our mood and motivation are what it targets and if we're not careful we can find ourselves eating our way into a bad day. Taking the time to examine and modify your dietary practices to foster not only improved physical performance but to feed the mind for emotional stability is the best gift ever.

This doesn't mean start a diet and track the results. This means spending time getting to know your body and your mind, how well they function with certain fuels, and even what combination produces your optimal levels of functioning. I don't know about you, but I absolutely prefer experiencing mental clarity, emotional stability, and stamina. Let's jump in and be intentional about everything we're taking into our bodies!



This week I'm challenging you to be more aware of what you put in your body and keep a record of it. Simply use one to two words to put in each category, for example

TIME

12:00 PM?

WHERE AM I?

(ENVIRONMENT, LOCATION, MENTAL STATE...)

home, living room?

WHAT DID I EAT?

pasta/ cake?

HOW DO I FEEL?

full/irritable?

Let's Get Healthy Together!

Day 1

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

As you can see this gives you just about every hour as a trackable space. You don't have to fill every space. you do however want to track "how you are feeling" throughout the day especially around the hours that you are taking in fuel. This will allow us to look for your crashing points, your filling point, your sluggish points, and your prime functioning points. it will also help us identify how well your dietary practices are serving your needs.



Day 2

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

Day 3

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

Day 4

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

Day 5

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

Day 6

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

Day 7

TIME	WHERE AM I? (ENVIRONMENT, LOCATION, MENTAL STATE...)	WHAT DID I EAT?	HOW DO I FEEL?
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

FUEL REFLECTION: WHAT DID YOU NOTICE ABOUT YOUR BODIES RESPONSE TO YOUR FOOD INTAKE?

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let's
Get Healthy
Together!

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