

**Daily Nutrition Analysis Diary ©**

Joanna K Chodorowska, nc- 2007

Date:	Day of week:		Weight:		NAME:				
	time went to sleep	wake up time	time you drink water	time and kind of exercise	meal 1 ) (time:	meal 2 ) (time:	meal 3 ) (time:	meal 4 ) (time:	meal 5 ) (time:
5:00 AM									
5:30 AM									
6:00 AM									
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									
12:00 AM									

TOTAL \_\_\_ hrs slept \_\_\_ glasses of H<sub>2</sub>O

Calories per day GOAL: \_\_\_\_\_

- Directions:** ~ Check box for sleep/ wake time (time when went to bed/ time when woke up).  
 ~ Check box to track **water** intake (if drinking something else, list it in the column). Goal =weight ÷ 2 = # oz/ day  
 ~ List exercise, duration, intensity and when completed (put near time of day in column)  
 ~ List foods eaten (portion, type of protein, carb, veggie, etc and how prepared) Include the time of day eaten

**Any symptoms today?** tired \_\_\_ energized \_\_\_ lethargic \_\_\_ irritable \_\_\_ sugar cravings \_\_\_ sick \_\_\_ stressed \_\_\_  
 depressed \_\_\_ bloated \_\_\_ relaxed \_\_\_ hard to concentrate \_\_\_ sad \_\_\_ carb cravings \_\_\_ other \_\_\_  
 When? \_\_\_\_\_ stuffed up nose \_\_\_ congested \_\_\_ hungry \_\_\_ sleepy \_\_\_ headache \_\_\_ spacy \_\_\_

**Bowel movements** (check appropriate box): regular \_\_\_ constipated \_\_\_ diarrhea \_\_\_ # of times per day(fill in) \_\_\_ (all at one time? \_\_\_)  
 Did you take a fiber supplement? Yes \_\_\_ No \_\_\_ If yes, which one?: \_\_\_\_\_ how much? \_\_\_\_\_ when? \_\_\_\_\_

**# of servings tally:**

med food: □□  
 proteins: □□□□□  
 veggies - cat 1: □□□□□□□□  
 veggies-cat 2: □□□□  
 beans: □□□  
 nuts & seeds: □□□□  
 oils: □□□□□  
 starches/ grains: □□□□  
 dairy: □□  
 fruit: □□□  
 Water: □□□□□□□□□□

