

# Diet and Lifestyle Diary

Use this following guide and sample day to help you fill out your Diet and Lifestyle Diary.

Tracking your diet and lifestyle is one of the most important preventative health strategies. Most of us think we know of what we are eating and how we take care of our bodies, but it always surprising when you actually track it.

*For example, having an occasional cookie doesn't seem so bad until you take the time to review your Diet Diary and see that it happens 3 times a day.*

*Or, it can be a great motivator to track basic activities adding up throughout the day - such as taking the stairs, biking to work, or parking your car in the spot farthest from the entrance.*

And this is great news because it means there are simple ways to help you feel and function even better. It only takes a few minutes a day to track and the results will be eye opening and possibly life changing.

What we put into our bodies is the fuel that will allow our bodies to be active, defend against infections and resilient to illness. It also fuels our mind to be sharp, clear and focused. Our bodies and minds are the best indicators to see if we are working at our maximal potential.

**There is also a difference between doing healthy things and doing what is most optimal for you.**

For example, some foods, such as food allergens, may be healthy in nutrition but if they cause you severe pain, discomfort, mental fog and sluggishness you should be eating them in moderation or not at all. Using the Diet and Lifestyle Diary will help you to pin-point which foods and activities are culprits in preventing you from being the best version of yourself. It's about looking for the patterns.

## How to use the Diet and Lifestyle Diary

Print off the Diet and Lifestyle Diary and keep it with you. Spend 2 minutes to fill it out 4 times a day:

1. **Morning**
2. **Mid-day**
3. **Afternoon**
4. **Evening**

Each part of the day is divided into:

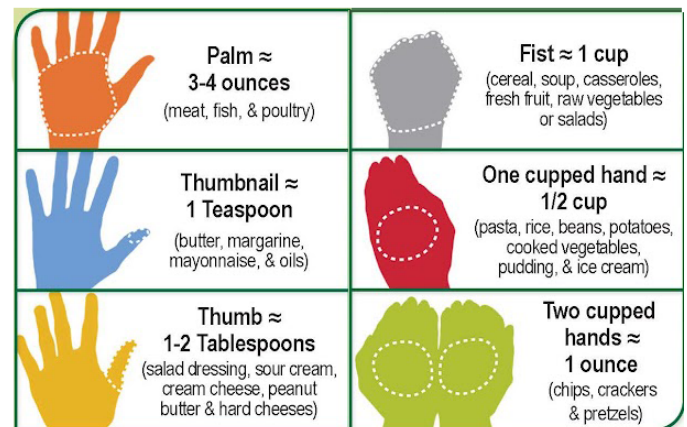
1. **Food for your main meal**
2. **Fluids and water consumed**
3. **Snacks**
4. **Activities**
5. **Mood, energy or any symptoms you may experience**

## Serving Sizes and Food Groups

After each meal, mark down the **number of servings** you had for each food group (macronutrient). To estimate serving sizes, all you need is your hand.

Image credit: Healthy Choice

Many health guides have differing information about optimal serving sizes for an average adult. I recommend the following food group servings for sustainable health and fat loss, with a heavy emphasis on food variety:



Food Group	Servings/d	Examples
PROTEIN	3-5	Lean meats, fish, eggs, nuts, legumes, beans
HEALTHY FATS	2-4	Avocado, olive, nuts, seeds
CARBOHYDRATES	6 or less	Especially avoid sugars and refined carbs
VEGETABLES	10+ (Unlimited)	Eat lots of leafy greens and bright above ground veggies
FRUIT	3-5	Bright colored fruits
PURE WATER	8 glasses	Pure water is essential for a healthy body

## Sleep Routine

Fill this section in either in the morning (if you're a morning person) or in the evening from the previous night.

Here's an example of how to track and interpret the diet portion:

		What was consumed	What it means
<b>Morning</b>	Breakfast	Whole wheat blueberry muffin <b>(1 Carb)</b>	If you're feeling sluggish in the morning, sleep is the first thing to address, specifically the quality and quantity. If you feel better after breakfast but then crash again, think blood sugar. Count how many carbs, starches and servings of sugar you are having for breakfast vs the amount of protein.
	Fluids	1 Coffee with 2 sugar & 1 milk <b>(1 sugar)</b>	
	Snacks	2 donut holes <b>(½ Carb)</b>	
	H2O	None	
	Mood, energy, other sx	Sluggish in the am, better after breakfast, energy crash before lunch	
<b>Mid-day</b>	Lunch	Salad with chicken and olive oil <b>(1 Veg, 1 Protein, 1 Fat)</b>	Lunch looks pretty good, but eating at your desk under stress doesn't help proper digestion. This could be giving you the stomachache. As well, look for potential food intolerance or sensitivities (dairy) to be the cause of symptom onset after a meal.
	Fluids	Latte <b>(1 Protein, 1 Fat, 1 sugar)</b>	
	Snacks	Yogurt and berries <b>(1 Protein, 1 Fat, 1 Fruit)</b>	
	H2O	1 glass	
	Mood, energy, other sx	Ate at my desk, stomach hurt, cramps, 1 bout of diarrhea, stressed with work	
<b>Afternoon</b>	Fluids	1 Coffee with 2 sugar & 1 milk <b>(1 sugar)</b>	The drop in energy after lunch is another indicator of unstable blood sugars and potential food intolerances (dairy). Your cortisol hormones are on a rollercoaster ride with caffeine and sugar highs then sharp crashes.
	Snacks	2 Chocolate chip cookies <b>(1 carb, 2 sugar)</b>	
	H2O	1 glass	
	Mood, energy, other sx	Very tired and sluggish after lunch, barely able to keep my eyes open, coffee helped my energy	
<b>Evening</b>	Breakfast	Steak and potatoes <b>(3 Protein, 3 Carb)</b>	Unfortunately, this is a very common North American dinner void of any vegetables (potatoes are not veggies) and loaded with carbs and sugar. Again, we see the sugar crash after dinner and the lack of incentive to exercise after a stressful day at work.
	Fluids	Can of coke <b>(5 sugar)</b>	
	Snacks	Chips <b>(3 Carb)</b>	
	H2O	1 glass	
	Mood, energy, other sx	More energy after work, very sluggish after dinner, couldn't move off of couch	

**Actual VS Optimal Servings** (for an average adult)

<b>Servings</b>	Protein	6	3-4 (lean)	Your diet consists of an excessive amount of carbs and sugar that is causing a yo-yo effect on your mood and energy. Your protein sources are not ideal since dairy may be harmful to your digestion. The lack of veggies and water intake would be the first place to make modification and increase into your daily diet.
	Healthy Fats	3	2-3	
	Carbohydrates	8 ½ (including sugar = 18 ½)	6 or less	
	Vegetables	2	10+ (unlimited)	
	Fruit	1	3-5	
	H2O	2	8 glasses	

Name: \_\_\_\_\_

## Diet and Lifestyle Diary (Print me off)

	Week of:	Week day #1	Week day #2	Weekend
<b>Morning</b>	Breakfast			
	Fluids/ H2O			
	Snacks			
	Activity (type/ mins)	min	min	min
	Energy	1-10 (10 = most)	1-10 (10 = most)	1-10 (10 = most)
	Mood	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊
	Other symptom			
<b>Mid-day</b>	Lunch			
	Fluids/ H2O			
	Snacks			
	Activity (type/ mins)	min	min	min
	Energy	1-10 (10 = most)	1-10 (10 = most)	1-10 (10 = most)
	Mood	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊
	Other symptom			
<b>Afternoon</b>	Fluids/ H2O			
	Snacks			
	Activity (type/ mins)	min	min	min
	Energy	1-10 (10 = most)	1-10 (10 = most)	1-10 (10 = most)
	Mood	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊
	Other symptom			
	<b>Evening</b>	Dinner		
Fluids/ H2O				
Snacks				
Activity (type/ mins)		min	min	min
Energy		1-10 (10 = most)	1-10 (10 = most)	1-10 (10 = most)
Mood		😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊	😊😊😊😊😊😊😊😊
Other symptom				
<b>Total Servings</b>	Protein (3-5)			
	Healthy Fats (2-4)			
	Carbohydrates (≤6)			
	Vegetables (10+)			
	Fruit (3-5)			
	Total H2O (8 glasses)			
<b>Sleep Routine</b>	Time to bed			
	Minutes to fall asleep	min	min	min
	# of times woken up -Why?			
	Time to wake up			
	Minutes to get up	min	min	min
	# of hours asleep	hrs	hrs	hrs
Sleep Quality	1-10 (10 = best)	1-10 (10 = best)	1-10 (10 = best)	

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_