Mind and Body Fitness Connections
Owner: Gwyn Davis, LMT, CNMT
www.mindandbodyfitness.net
zenzoneokc@gmail.com
(405) 535-2505

DAILY FOOD AND EXERCISE JOURNAL

Name: **Date:**

Please log 3 to 5 days of consecutive food and lifestyle habits. Once complete please email the forms to Gwyn at zenzoneokc@gmail.com

FOOD JOURNAL

Time	Food Consumed	Feeling After Eating – Immediate up to Two Hours *(check all that apply)*		
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy
		☐ Satisfied ☐ Mental Clarity ☐ Good Energy Between Meals ☐ No Cravings ☐ Headache ☐ Other	☐ Sleepy ☐ Crave Fat/Protein ☐ Crave Sweets ☐ Crave Coffee/Tea ☐ Quickly Hungry	☐ Full but Hungry ☐ Sluggish ☐ Jittery ☐ Nervous Energy

Mind and Body Fitness Connections
Owner: Gwyn Davis, LMT, CNMT
www.mindandbodyfitness.net
zenzoneokc@gmail.com
(405) 535-2505

DAILY FOOD AND EXERCISE JOURNAL

EXERCISE

Cardio

Type of Exercise	Time	Duration

Flexibility

Type *(select one)*	Duration
☐ Foam Rolling ☐ Corrective Home Program ☐ Other	

Working in Exercise

Type	Style	Duration
Yoga		
Qigong		

Resistance Training

Muscles Trained	# of Exercises	Sets	Reps
☐ Total Body ☐ Split			
☐ Total Body ☐ Split			

Zone Exercises

Zone # / Exercise Zone	Number of Sets	Number of Reps
Example: Zone 1/Superman	*1*	*5*

Mind and Body Fitness Connections
Owner: Gwyn Davis, LMT, CNMT
www.mindandbodyfitness.net
zenzoneokc@gmail.com
(405) 535-2505

DAILY FOOD AND EXERCISE JOURNAL

MEDICATION & SUPPLEMENTS

Name	Time	Amount

SLEEP

Bed Time	Wake Time	Upon Waking	
		☐ Rested	☐ Not Rested

WATER

Ounces Consumed

TEMPERATURE AND HEART RATE

Timeframe	Time Reading Taken	Temperature (°F)	Heart Rate (beats per minute)
Upon Waking			
30 Minutes After Breakfast			
30 Minutes after Lunch			

FEMALE CYCLE

Day of Month	
Notes	

ELIMINATION

Number of Times	Observations	
☐ Once	☐ Normal	☐ Food Particles Seen
☐ Twice	☐ Hard to pass	☐ Foul Smelling
☐ More than twice	☐ Loose	☐ Other
☐ None	☐ Pale Colored	

NOTES
Please add any additional notes in the space below.