

Lifestyle Journaling

Event	Food & Drink Intake	Circle the colors in your food
Rising time		
Breakfast Time		red orange yellow green purple/blue white/tan/brown
Mid-AM Snack Time		red orange yellow green purple/blue white/tan/brown
Lunch Time		red orange yellow green purple/blue white/tan/brown
Mid-PM Snack Time		red orange yellow green purple/blue white/tan/brown
Dinner Time		red orange yellow green purple/blue white/tan/brown
PM Snack Time		red orange yellow green purple/blue white/tan/brown
Bedtime		

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Hours of sleep: Quality:	Aerobic: Strength: Flexibility:	What did you do to reduce stress today?	Supporting:
Any relaxing activities today?	Were you mostly sitting today or mostly moving?	What caused stress today?	Non-supporting:

Mental	Emotional	Spiritual

Patient Name: _____ DOB: _____ Date: _____