Functional Medicine Fast Track

3-7 Day Food and Lifestyle Journal

| Day 1 | Please complete your "Diet & Exercise Log" every day. |
|--|--|
| Wake Up Time | 1. Make note of the time you wake up. |
| Morning Meal Time | 2. List and describe in detail all foods and drinks, including the amount of each. Make note as to whether the food was fresh, frozen, canned, raw, cooked, baked, fried, etc. Note the time of each meal or snack. Be sure to list everything, including each amount you eat or drink, including any condiments used (e.g., mayonnaise, mustard, relish). |
| Morning Snack Time | 3. Keep track of how much water you drink and list the amount in ounces (or ml or l) in the section provided. Also note the type and amount of any other drinks you consume. |
| Midday Meal Time | 4. Write down any activity or exercise you do, listing the kind of exercise you did and for how long you did it. |
| | 5. Note any periods of relaxation and what kind of relaxation it was. |
| | 6. Note the time you go to sleep. |
| Afternoon Snack Time | Notes |
| Evening Meal Time | |
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| | |
| Evening Snack Time | |
| | |
| Water/Drinks (not listed with meals above) | |
| Activity/Exercise (detail type and duration) | |
| | |
| Relaxation/Sleep (detail type and duration) | |
| | |

| Name | Date |
|--|--|
| | |
| Day 2 | Day 3 |
| Wake Up Time | Wake Up Time |
| Morning Meal Time | Morning Meal Time |
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| Morning Snack Time | Morning Snack Time |
| Monning Shack Time | Morning Shack nine |
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| Midday Meal Time | Midday Meal Time |
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| Afternoon Snack Time | Afternoon Snack Time |
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| Evening Meal Time | Evening Meal Time |
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| | |
| Evening Snack Time | Evening Snack Time |
| | |
| Water/Drinks (not listed with meals above) | Water/Drinks (not listed with meals above) |
| | |
| Activity/Exercise (detail type and duration) | Activity/Exercise (detail type and duration) |
| | |
| Relaxation/Sleep (detail type and duration) | Relaxation/Sleep (detail type and duration) |
| | |
| | |

| Name | Date |
|--|--|
| | |
| Day 4 | Day 5 |
| Wake Up Time | Wake Up Time |
| Morning Meal Time | Morning Meal Time |
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| Morning Snack Time | Morning Snack Time |
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| Midday Meal Time | Midday Meal Time |
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| Afternoon Snack Time | Afternoon Snack Time |
| | |
| Evening Meal Time | Evening Meal Time |
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| | |
| Evening Snack Time | Evening Snack Time |
| | |
| Water/Drinks (not listed with meals above) | Water/Drinks (not listed with meals above) |
| | |
| Activity/Exercise (detail type and duration) | Activity/Exercise (detail type and duration) |
| | |
| Relaxation/Sleep (detail type and duration) | Relaxation/Sleep (detail type and duration) |
| | |
| | |

| Name | Date |
|--|--|
| | |
| Day 6 | Day 7 |
| Wake Up Time | Wake Up Time |
| Morning Meal Time | Morning Meal Time |
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| Morning Snack Time | Morning Snack Time |
| Midday Meal Time | Midday Meal Time |
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| Afternoon Snack Time | Afternoon Snack Time |
| Alternoon Shack Time | Alternoon Shack fille |
| Evening Meal Time | Evening Meal Time |
| | |
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| Evening Snack Time | Evening Snack Time |
| | |
| Water/Drinks (not listed with meals above) | Water/Drinks (not listed with meals above) |
| Activity/Exercise (detail type and duration) | Activity/Exercise (detail type and duration) |
| Relaxation/Sleep (detail type and duration) | Relaxation/Sleep (detail type and duration) |
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