



## THE 3-DAY NUTRITION AWARENESS JOURNAL

The goal of this journal is to help you bring more awareness to how your nutrition, sleep, hydration, and stress impact your symptoms.

Please complete the following 3 journal pages by tracking what you eat, the amount of filtered or mineral water you're drinking, and some basics about your sleep.

There is no need to measure or get too specific when it comes to documenting your meals.

For example, a helpful description of your lunch could be: A turkey and cheese sandwich on rye bread with mayo, lettuce, and tomato, with a side of potato chips and a sparkling water.

In the second column of the journal, make notes about how you're feeling throughout the day. How is your mood? Are you experiencing any physical pain, bloating, headache, itching, nausea, or other symptoms, and describe a bit about the quality of your symptoms, such as intense sharp pain in my hip or a low grade nausea all day.

On the last page of this journal, you will see a Bristol Stool Chart. This chart helps us to determine the quality of your stool, and the impact of your food, sleep, and hydration on your digestion.

Complete the journal for a total of 3 days: 2 week days and 1 weekend day. It's best if these are regular days in your life (not vacation days, for example.)

Enjoy the process!

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Name: ..... Date: .....

	Food	Mood / Pain / Symptoms	Poop
6am			
7am			
8am			
9am			
10am			
11am			
midday			
1pm			
2pm			
3pm			
4pm			
5pm			
6pm			
7pm			
8pm			
9pm			
10pm			
11pm			

8oz. of water: ● ● ● ● ● ● ● ●

Bedtime previous night ..... Wake time: ..... # times woke up through the night.....

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4pm			
5pm			
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7pm			
8pm			
9pm			
10pm			
11pm			

8oz. of water: ● ● ● ● ● ● ● ●

Bedtime previous night ..... Wake time: ..... # times woke up through the night.....

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11pm			

8oz. of water: ● ● ● ● ● ● ● ●

Bedtime previous night ..... Wake time: ..... # times woke up through the night.....

## BRISTOL STOOL CHART



Type 1

Separate hard lumps, like nuts. Hard to pass.



Type 2

Sausage shaped, but lumpy.



Type 3

Sausage shaped, but with cracks on the surface.



Type 4

Sausage or snake like, smooth and soft.



Type 5

Soft blobs with clear-cut edges. Easy to pass.



Type 6

Fluffy pieces with ragged edges, mushy.



Type 7

Watery, no solid pieces, Entirely liquid.