



A journal is very important tool in helping you track progress as you make dietary changes, introduce herbs, or make other changes.

* About the food notes: this isn't at all about calories, it's just about ingredients and any changes in your symptoms or vitality.

How to keep an effective health journal:

1. Write down everything that goes in. Include salad dressings, marinades, etc. Be as specific as practical, but it's better to be unspecific than incomplete. (ie, "with oil" is fine if you don't know what kind of oil). Include drinks, snacks, candy, herbal or vitamin supplements, drugs of any kind, etc. Be honest or it's not useful! It is also useful to make a note of the time.

5:30pm - hamburger and bun with mayo, ketchup, mustard, pickles, cheese. french fries. coke. later: pepto-bismol.

6:00pm - homemade pasta and meatballs, salad, ranch dressing, bread with butter. chamomile tea.

7:30pm - calamus tincture, grassfed steak with onions and shiitake in olive oil, avocado with unrefined sea salt, olives, kale, beets. pinot noir.

2. Write down everything you feel. Include everything – physical state (headache, stomach ache, PMS, tennis elbow, anything) and emotional/psychological state (overwhelmed, tired, cranky, energetic, anxious, etc.) Again, keep note of time. *It is especially important to note any cravings you experience.*

10:00am – hungry, no time to eat

1:15pm – jittery, anxious

3:00pm – slumped, need caffeine

8:00pm – fight with roommate, headache, took Tylenol

3. Write down everything that comes out. It's good to be descriptive if possible. Again, note the time.

7:00am – urine : dark yellow, scant

10:00am – stool: loose, pale

4. Write down when/how much you sleep & move. Note the quality of the sleep, whether you had dreams and what they were about, etc. Record similar notes about movement (whether work, play, or exercise).
5. Write down any other details about major events or stressors which occurred during the day, and the time if relevant – classes, work, gym, mom visited, period started, got in an argument on the internet, car accident, etc.
6. At least once a day, make a note of the presence/severity of any symptoms you're tracking or chronic health issues.

headaches – mild (3 on a 1-10 scale)

IBS – 6 trips to bathroom today. (compare to 12 last week. progress!)

bad knee – stairs didn't hurt today!