



YOUR WELLNESS DIARY

The nutrition we consume on a daily basis can affect how we feel both physically and emotionally.

The purpose of this diary is for you to keep a log of your good and bad days, and to try note down the things that happened – including what and how much you ate – that made you think or feel that way.

At the end of each week there's a summary page for you to log how many good and bad days you had and for you to be able to look back and start to see if there are certain triggers that are contributing to your positive or negative experiences. Note down anything you notice.




Try to keep this diary for a week or two in the lead-up to your next health appointment. You can then use the notes to have an informed conversation with your healthcare professional as to what can be done to make sure you have more good days than bad!

DATE: _____

Today eating or drinking was:

- hard because...
- good because...

Of my usual activities, I was able to do:

-  None
-  Some
-  All

What happened today?

Overall, today was a...



GOOD
Day






BAD
Day

DATE: _____

Today eating or drinking was:

- hard because...
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WEEK

SUMMARY



GOOD
Days



BAD
Days

Thoughts for the week
