

FOOD LOG + SELF MONITORING

Self-monitoring is a method of tracking your own nutrition intake for at least one day, but ideally 2 weekdays and 1 weekend day to watch for patterns. You may share your food journal with your coach or WELL Clinic provider, or you can keep it for your own personal reference.

In addition to noting what you eat, pay attention to how you are feeling before and after eating (i.e. rushed, stressed, very hungry, etc.) You can also notate the feeling as a number from the hunger scale.

Note: The purpose of this is to increase awareness and mindfulness, NOT to be overly focused on tracking food/drink.

FOOD JOURNAL: DAY 1 DATE: _____

time	food/drink	amount	notes: how I felt before/after or number from the hunger scale



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group