5-DAY FOOD LOG

There is great benefit in logging food over several days. Doing so allows the opportunity to identify where energy loss may be occurring and enables a more direct alignment in support of your overall health profile.

Please enter your information as best you can until you have accumulated 5 days. Email the data to me or bring to your next appointment. Be as specific as you can, including bowel performance (frequency and quality), energy levels and any other observations you may have (moods, symptoms, etc.).

DATE	TIME	FOOD	DRINK	BOWEL M'S	ENERGY	OBSERVATIONS

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