

How to Journal

- Please complete the form for 7 consecutive days to the best of your ability and with as much information as you can.
- Please write very clearly in a dark pen.
- Try not to judge your behavior and just record what you are doing so that we can get an accurate picture of your regular diet.
- Please record everything that you put into your mouth.
- You do not need to weigh or measure your food but make a note if you eat significantly more or less than a regular portion.



Submitting Your Journal

- Please return your completed journal to us as soon as you have finished the 7 days so that we have time to prepare your diet analysis.
- You may send it by the following means:
 - scan the document and email to WaysToOptimize@gmail.com
 - fax it to 303-537-5511
 - mail it to Ways To Optimize, 7844 E. 9th Avenue, Denver CO 80230.

WAYS TO OPTIMIZE

NUTRITION FOR THE OPTIMAL YOU!

Journal

Client:

Date:

Hours of Sleep:		Liquids: Water/ herbal tea:
Breakfast:	Time: What I ate:	<div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div></div>
Lunch:	Time: What I ate:	Caffeinated drinks:
Dinner:	Time: What I ate:	Other:
Snack:	Time: What I ate:	Activity/Exercise: What? How long? <input type="radio"/> Light <input type="radio"/> Moderate <input type="radio"/> Intense
Snack:	Time: What I ate:	Bowel Movements:
		Supplements:

Other Observations: Energy? Mood? Feelings? Circumstances? Behaviors?

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