

LIFESTYLE LOG

1. Circle the **DAY** of the week and fill in the **DATE** you are recording.
2. Include the **TIME** you eat or drink.
3. Record everything you eat and drink, listing each **FOOD/BEVERAGE** item individually. For example, if you are eating a salad, list everything that is on the salad (e.g., romaine lettuce, tomato, cucumber, croutons, sunflower seeds, salad dressing). If the food comes from a can, package, or restaurant, include the brand name. Be as specific as possible.
4. Record the **AMOUNT** of the food/beverage you eat. Use measuring cups and spoons or scales for accuracy. Portion sizes may surprise you.
5. Add **EXERCISE TYPE AND LENGTH**.
6. Include **TOTAL WATER INTAKE** (measured in cups, quarts, or ounces).
7. Record daily form(s) of **RELAXATION** (e.g., music therapy, quality time with friends, prayer, art, hobbies).
8. Note **HOURS OF SLEEP** and any comments on **SLEEP QUALITY**.

Record relevant information as often as needed to find patterns, track progress, and stay accountable.



