

NAME:

Day #

Diet Check Record Sheet

FOOD INTAKE List all foods & drinks consumed		REACTIONS TO YOUR METABOLIC TYPE		
		GOOD REACTIONS	BAD REACTIONS	
TODAY'S DATE:		Place a check to the left of all descriptions that describe your experience 1 - 2 hours after each meal		
Time __: __ BREAKFAST-	APPETITE SATIETY CRAVINGS	☐ Feel full, satisfied	☐ Feel physically full, but still hungry	
		☐ Do NOT have sweet cravings	☐ Have desire for something sweet	
		☐ Do NOT desire more food	☐ Not satisfied, feel like something was missing	
		☐ Do NOT feel hungry	☐ Already hungry	
		☐ Do NOT need to snack before next meal	☐ Feel the need for a snack	
	ENERGY LEVELS	☐ Energy feels renewed	☐ Meal gave too much or too little energy	
		☐ Have good, lasting, "normal" sense of energy	☐ Became hyper, jittery, shaky, nervous or speedy	
		☐	☐ Felt hyper, but exhausted "underneath"	
		☐	☐ Energy tanked from meal - exhaustion, sleepiness, drowsiness, listlessness or lethargy	
	MIND EMOTIONS WELL-BEING	☐ Improved well-being	☐ Mentally slow, sluggish, or spacy	
		☐ Sense of feeling refueled, renewed and restored	☐ Inability to think quickly or clearly	
		☐ Some emotional upliftment	☐ Hyper, overly rapid thoughts	
		☐ Improved mental clarity and sharpness	☐ Inability to focus or concentrate	
		☐ Normalization of thought processes	☐ Apathy, depression, withdrawal or sadness	
		☐	☐ Anxious, obsessive, fearful, angry or irritable	
	Time __: __ LUNCH-	APPETITE SATIETY CRAVINGS	☐ Feel full, satisfied	☐ Feel physically full, but still hungry
			☐ Do NOT have sweet cravings	☐ Have desire for something sweet
			☐ Do NOT desire more food	☐ Not satisfied, feel like something was missing
☐ Do NOT feel hungry			☐ Already hungry	
☐ Do NOT need to snack before next meal			☐ Feel the need for a snack	
ENERGY LEVELS		☐ Energy feels renewed	☐ Meal gave too much or too little energy	
		☐ Have good, lasting, "normal" sense of energy	☐ Became hyper, jittery, shaky, nervous or speedy	
		☐	☐ Felt hyper, but exhausted "underneath"	
		☐	☐ Energy tanked from meal - exhaustion, sleepiness, drowsiness, listlessness or lethargy	
MIND EMOTIONS WELL-BEING		☐ Improved well-being	☐ Mentally slow, sluggish, or spacy	
		☐ Sense of feeling refueled, renewed and restored	☐ Inability to think quickly or clearly	
		☐ Some emotional upliftment	☐ Hyper, overly rapid thoughts	
		☐ Improved mental clarity and sharpness	☐ Inability to focus or concentrate	
		☐ Normalization of thought processes	☐ Apathy, depression, withdrawal or sadness	
		☐	☐ Anxious, obsessive, fearful, angry or irritable	
Time __: __ DINNER-		APPETITE SATIETY CRAVINGS	☐ Feel full, satisfied	☐ Feel physically full, but still hungry
			☐ Do NOT have sweet cravings	☐ Have desire for something sweet
			☐ Do NOT desire more food	☐ Not satisfied, feel like something was missing
	☐ Do NOT feel hungry		☐ Already hungry	
	☐ Do NOT need to snack before next meal		☐ Feel the need for a snack	
	ENERGY LEVELS	☐ Energy feels renewed	☐ Meal gave too much or too little energy	
		☐ Have good, lasting, "normal" sense of energy	☐ Became hyper, jittery, shaky, nervous or speedy	
		☐	☐ Felt hyper, but exhausted "underneath"	
		☐	☐ Energy tanked from meal - exhaustion, sleepiness, drowsiness, listlessness or lethargy	
	MIND EMOTIONS WELL-BEING	☐ Improved well-being	☐ Mentally slow, sluggish, or spacy	
		☐ Sense of feeling refueled, renewed and restored	☐ Inability to think quickly or clearly	
		☐ Some emotional upliftment	☐ Hyper, overly rapid thoughts	
		☐ Improved mental clarity and sharpness	☐ Inability to focus or concentrate	
		☐ Normalization of thought processes	☐ Apathy, depression, withdrawal or sadness	
		☐	☐ Anxious, obsessive, fearful, angry or irritable	