

Diet and Activity Worksheet

Date: _____

Keep track of your daily events in the left column and how you feel in the right column. Be detailed. Use one worksheet per day. After you've recorded a few days, set aside some time to study your notes. Look for patterns. For more information on what to log, refer to: <http://www.ayureka.com/learn/tools/worksheet1>.

Diet and Activity	Time of Day	Outcomes
	5:00 am	
	6:00 am	
	6:30 am	
	7:00 am	
	7:30 m	
	8:00 am	
	8:30 am	
	9:00 am	
	9:30 am	
	10:00 am	
	10:30 am	
	11:00 am	
	11:30 am	
	12:00 pm	
	12:30 pm	
	1:00 pm	
	1:30 pm	
	2:00 pm	
	2:30 pm	
	3:00 pm	
	3:30 pm	
	4:00 pm	
	4:30 pm	
	5:00 pm	
	5:30 pm	
	6:00 pm	
	6:30 pm	
	7:00 pm	
	7:30 pm	
	8:00 pm	
	8:30 pm	
	9:00 pm	
	9:30 pm	
	10:00 pm	
	11:00 pm	