

W= whole food
R= refined food

Au Naturale Nutrition
Healthy Whole Foods Challenge, Daily Journal

Day #	Foods eaten today	W/R	Habits (HOW you felt, WHY you ate)
Breakfast, Time:	_____		
Lunch, Time:	_____		
Dinner, Time:	_____		
Snacks, Time(s):	_____		
Beverages			
Notes on:			
<u>Mood</u>			
<u>Digestion</u>			
<u>Energy level</u>			
<u>Cravings for refined foods</u>			
<u>Comments/Questions:</u>			

Day #	Foods eaten today	W/R	Habits (HOW you felt, WHY you ate)
Breakfast, Time:	_____		
Lunch, Time:	_____		
Dinner, Time:	_____		
Snacks, Time(s):	_____		
Beverages			
Notes on:			
<u>Mood</u>			
<u>Digestion</u>			
<u>Energy level</u>			
<u>Cravings for refined foods</u>			
<u>Comments/Questions:</u>			