



YOUR FOOD DIARY

Complete the following food & mood log in your journal across the remainder of your 6 week Flourish kickstarter course.

The objective of keeping these records is to raise your awareness of how different foods and drinks impact your energy, your mood, your productivity and general motivation. Observe physical and emotional sensations that arise across the day and you will inevitably start to find patterns form.

Meal/Snack/Drink + Time of Day	Energy levels after eating (immediately & within an hour afterwards)	Mood	Productivity & Motivation