



# MULLEN NATURAL HEALTH DIET DIARY

**TASK:** Keep a diary of all food and drinks you consume for the next week. Please note any symptoms you experience after each meal, and any physical activity you partake in.

**SYMPTOMS:** Do you have gas, diarrhea, nausea, constipation, abdominal pain or cramping? Is your bowel movement loose, formed, hard, strained, urgent? Are you anxious or stressed?

		MONDAY	TUESDAY	WEDNESDAY
<b>Week:</b>		Supplements:	Supplements:	Supplements:
<b>Measurements:</b> Weight: Waist (cm):	<b>Breakfast</b>	Food / Drink:	Food / Drink:	Food / Drink:
		Symptoms:	Symptoms:	Symptoms:
<b>My weekly goal:</b>	<b>Morning snack</b>	Food / Drink:	Food / Drink:	Food / Drink:
		Symptoms:	Symptoms:	Symptoms:
<b>How am I feeling:</b>	<b>Lunch</b>	Food / Drink:	Food / Drink:	Food / Drink:
		Symptoms:	Symptoms:	Symptoms:
<b>Challenges:</b>	<b>Afternoon snack</b>	Food / Drink:	Food / Drink:	Food / Drink:
		Symptoms:	Symptoms:	Symptoms:
	<b>Dinner</b>	Food / Drink:	Food / Drink:	Food / Drink:
		Symptoms:	Symptoms:	Symptoms:
	<b>After dinner</b>	Food / Drink:	Food / Drink:	Food / Drink:
		Symptoms:	Symptoms:	Symptoms:
		Physical activity:	Physical activity:	Physical activity:
		Number of glasses of water:	Number of glasses of water:	Number of glasses of water:



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		THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Supplements:				
	Food / Drink:				
<b>Morning snack</b>	Symptoms:				
	Food / Drink:				
<b>Lunch</b>	Symptoms:				
	Food / Drink:				
<b>Afternoon snack</b>	Symptoms:				
	Food / Drink:				
<b>Dinner</b>	Symptoms:				
	Food / Drink:				
<b>After dinner</b>	Symptoms:				
	Food / Drink:				
Physical activity:					
Number of glasses of water:					

**REMEMBER:** Chew well, eat slowly, drink 2 litres of water daily and don't drink with meals. This includes 15 minutes prior to or 1 hour after a meal.