

All food and drink consumed		Put a tick next to your symptoms 1 - 2 hours after your meal		
		Good reactions		Bad reactions
Breakfast	Appetite Cravings	Feel full and satisfied NO cravings NOT hungry Do NOT need to snack between meal		Feel full but still hungry Have cravings for something sweet Feel like you need something more Hungry again, need to snack
	Energy levels	Good energy Food has made you feel better Has lasting energy between meal		Poor energy Exhausted, sleepy, drowsy, sleepy Became hyper, jittery, shaky, nervous.
	Mind Emotions	Improved wellbeing Emotionally uplifted Improved mental clarity Normal thought processes		Mentally sluggish or slow Inability to think clearly, concentrate Hyper, rapid thoughts Apathy, depression, anxious, irritable
Lunch	Appetite Cravings	Feel full and satisfied NO cravings NOT hungry Do NOT need to snack between meal		Feel full but still hungry Have cravings for something sweet Feel like you need something more Hungry again, need to snack
	Energy levels	Good energy Food has made you feel better Has lasting energy between meal		Poor energy Exhausted, sleepy, drowsy, sleepy Became hyper, jittery, shaky, nervous.
	Mind Emotions	Improved wellbeing Emotionally uplifted Improved mental clarity Normal thought processes		Mentally sluggish or slow Inability to think clearly, concentrate Hyper, rapid thoughts Apathy, depression, anxious, irritable
Dinner	Appetite Cravings	Feel full and satisfied NO cravings NOT hungry Do NOT need to snack between meal		Feel full but still hungry Have cravings for something sweet Feel like you need something more Hungry again, need to snack
	Energy levels			
	Mind Emotions	Good energy Food has made you feel better Has lasting energy between meal		Poor energy Exhausted, sleepy, drowsy, sleepy Became hyper, jittery, shaky, nervous.
		Improved wellbeing Emotionally uplifted Improved mental clarity Normal thought processes		Mentally sluggish or slow Inability to think clearly, concentrate Hyper, rapid thoughts Apathy, depression, anxious, irritable

Any general comments on how you felt today: