



## Dora Chan Yoga Food & Lifestyle Journal – Day 1

	Time	Food/Supplements	Mood/Energy/Symptoms	Bowel Movement
<i>Example</i>	9:00 am	1 cup of cereal with ¾ cup cow milk 1 multi-vitamin, 500mg Vit C	9:00 am – Feel fine 10.30 am – Low energy, stressed	7:00 am – Type 3 stool, undigested food in stool, had to strain/push
<b>Breakfast</b>				
<b>Snack</b>				
<b>Lunch</b>				
<b>Snack</b>				
<b>Dinner</b>				
<b>After Dinner</b>				

Exercise type:  
\_\_\_\_\_

Duration:  
\_\_\_\_\_

Time of day:  
\_\_\_\_\_

How did you feel afterwards?  
\_\_\_\_\_

How much did you drink today?

Water	
Milk	
Fruit juice	
Soft drinks	
Coffee	
Tea	

How did you sleep last night?  
\_\_\_\_\_

What time did you sleep?  
\_\_\_\_\_

What time did you wake?  
\_\_\_\_\_

Do you feel rested?  
\_\_\_\_\_



## Dora Chan Yoga Food & Lifestyle Journal – Day 2

	<b>Time</b>	<b>Food/Supplements</b>	<b>Mood/Energy/Symptoms</b>	<b>Bowel Movement</b>
<i>Example</i>	9:00 am	1 cup of cereal with ¾ cup cow milk 1 multi-vitamin, 500mg Vit C	9:00 am – Feel fine 10.30 am – Low energy, stressed	7:00 am – Type 3 stool, undigested food in stool, had to strain/push
<b>Breakfast</b>				
<b>Snack</b>				
<b>Lunch</b>				
<b>Snack</b>				
<b>Dinner</b>				
<b>After Dinner</b>				

Exercise type:  
\_\_\_\_\_

Duration:  
\_\_\_\_\_

Time of day:  
\_\_\_\_\_

How did you feel afterwards?  
\_\_\_\_\_

How much did you drink today?

Water	
Milk	
Fruit juice	
Soft drinks	
Coffee	
Tea	

How did you sleep last night?  
\_\_\_\_\_

What time did you sleep?  
\_\_\_\_\_

What time did you wake?  
\_\_\_\_\_

Do you feel rested?  
\_\_\_\_\_