



# FOOD & SPIRIT DAILY LIFE LOG™

## DAILY FOOD & DRINK INTAKE (Include serving size in cups or ounces/grams)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

	MORNING	MID-DAY	EVENING
<b>Proteins</b>			
Animal			
Vegetable (Tofu, Hemp, Etc.)			
Root Vegetables			
Red Foods			
<b>Fats &amp; Oils</b>			
Solid			
Liquid			
Nuts & Seeds			
Tropical Fruits			
Orange Foods			
<b>Carbohydrates</b>			
Legumes			
Whole Grains			
Sweeteners			
Yellow Foods			
<b>Vegetables (All Types)</b>			
Greens			
<b>Liquid Foods</b>			
Soups & Sauces			
Teas			
Fruits			
<b>Other</b>			
Spices			
Caffeine	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
WATER (oz./liters)	oz./liters	oz./liters	oz./liters
# Bowel Movements			
Other			



# FOOD & SPIRIT DAILY LIFE LOG™

## DAILY LIFESTYLE TRACKER

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### Tribe/ Community Interaction

Y  N

Shared a meal with others  Y  N Who/ When?

Had a conversation with a friend  Y  N Where?

Other, list:

### Emotions

Anger  Content  Depressed  Fear  Grief  Happy  Worry

Other, list:

### Life Balance

Y  N

What *took* the most energy today?

What *gave* the most energy today?

Energy Level

MORNING

MID-DAY

EVENING

1  2  3  4  5

1  2  3  4  5

1  2  3  4  5

### Physical Movement/Exercise

Type and Duration:

### Words Of Truth

What were your spoken truths?

### Sleep & Meditation

Sleep:

Quantity (hrs):

Quality:  poor  fair  good

Dreams:  Y  N

Contemplation/Meditation

Y  N

Description:

### Spiritual & Cleansing Practices

Spiritual Practice(S):  Y  N Description:

Cleansing Practice(S):  Y  N Description: