

FOOD JOURNAL SIMULATION



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[Sample] Food Journal

Month:

sample ABCD

Week number-

sample XYZ

Day, Date: sample XYZ

	Food Menu	Body Reaction After Eating	Defecation/Poop /Urination	Activities Done	Mood	Sleep Pattern	
Breakfast	<i>Rice, chicken soup, carrot</i>	<i>None</i>	At 4:00 p.m.: <i>Diarrhea, Bristol stool type 6-7</i>	<i>Sunbathing for 15 minutes, cycling for 15 minutes until sweating</i>	<i>Good, no tantrums</i>	<i>Nap: 1 hour, slept soundly</i> Night sleep at 8:00 p.m., woke up crying at 11:30 p.m., went to the toilet to urinate	
Morning Snack	<i>Quail egg satay</i>	<i>Rash appeared around the hands, itchy</i>					
Lunch	<i>Rice, dory fish, chayote</i>	<i>Runny nose</i>			<i>Screen time: 60 minutes</i>		<i>Easily irritated, tantrum</i>
Afternoon Snack	<i>UHT milk 250 ml</i>	<i>Rash on legs and itchy</i>					
Dinner	<i>Rice, chicken soup, carrot</i>	<i>None</i>			<i>Read a book before sleeping</i>		<i>Calm and relaxed</i>

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	Food Menu	Body Reaction After Eating	Defecation/Poop /Urination	Activities Done	Mood	Sleep Pattern
Breakfast				Sunbathing for 15 minutes		
Morning						nap: 1 hour, slept soundly
Lunch						light sleep at 8:00 p.m., woke up crying at 11:30 p.m., went to the toilet to urinate
Afternoon Snacks						
Dinner	Rice, chicken soup, carrot	None		Read a book before sleeping	Calm and relaxed	

Conclusion from the sample food journal:

- Eliminate quail eggs, UHT milk, and dory fish
- Continue eating chicken and carrots
- Avoid too much screen time
- Continue sunbathing and cycling activities