

My Nutrition Mentor

My Nutrition Mentor Diary

“Realigning Nutrition with Intuition” Liv Kennedy

Date: / / M T W T F S S (circle)

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Breakfast: am P F C (circle – Protein, Fat, Carbs)

Symptoms (severity, duration, time of day)
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Morning Tea: am P F C (circle)

Symptoms
=====

Lunch: pm P F C (circle)

Symptoms
=====

Afternoon Tea: pm P F C (circle)

Symptoms
=====

Dinner: pm P F C (circle)

Symptoms
=====

Supper/Snacks: pm P F C (circle)

Symptoms
=====

My Nutrition Mentor

Water (quantity)

Drinks (tea, herbal tea, coffee, alcohol)

Supplements

Hunger (more, less, time of day)

Energy / 10

Stress / 10

Exercise (type, duration)

Relaxation Practices (diaphragmatic breathing, meditation, yoga, tai chi - duration)

Sleep (quantity, quality)

Goals

Gratitude (today I am grateful for...)

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#MyNutritionMentor

#healthytakeaways