

Directions For Setting Up A Food/Mood Observation Notebook

If you find it difficult to observe how you feel, your therapeutic friends at Suppers meetings will help you begin.

- Note Blood Type
- Make a statement about what you hope to get from food/mood journaling
- Select “flag words” to remind you what to keep track of on a daily basis. For example: energy level, ability to exercise, hunger or cravings, mental clarity, mood, sleep, productivity, sense of well being, thought patterns, arguments, jitters, bloating, nausea.

Subsequent Pages, one for each day

- Note morning and evening weight
- On the left side of each page, write the date, time of day, and what you ingest for 24 hours. Write everything and don't change a thing just because you are taking notes. No one is watching. Let the only criterion for success be accuracy.
- On the right side, list observations using your flag words.

Once you have a base line sense of how certain foods and drink affect you, you can slowly start to make changes.

When you are ready, omit one suspect food (for example, anything that seems to trigger you) for four days. Take notes. Re-introduce it. Take notes. If the re-introduced food comes with a return of symptoms, it's data. Your therapeutic friends at Suppers will help with the process.

Remember: The only criterion for success is your ability to make accurate observations. At Suppers, there's no judgment, just data!