



# 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			

