



## DIRECTIONS FOR SEVEN DAY DIARY

In order to design an accurate program, it is very helpful to keep a seven-day diary. It is imperative that you are honest and keep as accurate a record as you can. For this reason, try to record what you eat and drink *at that time* – do not wait until the end of the day. We all know how our memory tends to lapse once the sun goes down – especially when it pertains to what we’ve eaten (somehow, that extra helping of mac and cheese or the small handful of chocolates seem to escape our memory)! Also include how much of each item you ate. Since this should be the amount you would typically eat, put the food on your plate first, then measure it (as opposed to measuring it first). Describe what you’ve eaten, as well. Bread? What kind. Don’t just say “wheat.” Clarify if it’s whole wheat, whole grain, white, caramel-colored white, etc. Chicken? What kind? How was it cooked? Cereal? What kind? Fruit or vegetable? Canned, fresh, or frozen? You get the picture! Drinks include water, milk, juice, coffee, tea, alcohol – you name it! Under “Did I nurture myself today?” include all forms of nurturing: physical, spiritual, mental, and emotional. If you need more space for any of the sections, feel free to use the back of the sheet. **Remember, this should be an average, typical week.** This is not the time to be on your best behavior! Just be yourself – warts and all. ☺

**DAY ONE**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**

**DAY TWO**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**

**DAY THREE**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**

**DAY FOUR**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**

**DAY FIVE**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**

**DAY SIX**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**

**DAY SEVEN**

**What I ate:**

**Amount:**

**What I drank:**

**Amount:**

**Did I nurture myself today? Comments:**