

FOOD JOURNAL

3-Day Diet Record

NAME

DATE

Please record everything you eat and drink for 3 days. Be as thorough and detailed as possible.

Please be as honest as you can be. I am gathering data, not judging. Don't change your normal routine. Just record what you are doing.

If your eating habits change over the week, pick 3 days that are representative (e.g., 2 weekdays plus 1 weekend day).

To measure, simply use hand-sized portions (e.g., 1 palm, 1 fist, 1 cupped handful, 1 thumb) or something else standardized (e.g., baseball, deck of cards). You can use measuring cups or a food scale if you want, but you don't have to.

Record any other notes about other things we've agreed you'll record, such as why you are eating, physical sensations from eating, how you felt after you ate.

Example

MEAL TIME	WHAT YOU ATE / DRANK AND HOW MUCH	NOTES
	2 pieces whole-grain toast	
7 AM	2 thumbs peanut butter	Rushing out the door, busy day
	1 mug of coffee with milk + 2 sugars	
	Bran muffin (about 1 fist sized)	
10:15 AM	1 medium-sized orange	In a meeting
	Medium coffee from Dunkin Donuts	
12:30 PM	12" Subway turkey sandwich	No cheese
	1 can Diet Coke	
3:30 PM	1 strawberry Greek yogurt	Ate at desk
	2 handfuls Triscuits	
	3 slices meat-lovers pizza	
6:30 PM	2 light beers	Got home late, no energy to cook
	1 bowl moose tracks ice cream	

FOOD JOURNAL

80% Full Meal Journal

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NAME

.....
DATE

MEAL TIME

WHAT DID YOU EAT

80% FULL?

.....
 Y N

.....
 Y N

.....
 Y N

.....
 Y N

.....
 Y N

.....
 Y N

.....
 Y N

FOOD JOURNAL

Athletic Performance Indicators

NAME

DATE

How well did you sleep last night?

TERRIBLE (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) AWESOME

Overall, how's your mood today?

TERRIBLE (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) AWESOME

Overall, how's your energy today?

EXHAUSTED (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) SUPERSTAR

Overall, how much do you feel like training today?

UGH, NO WAY (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) BRING IT ON!!

Overall, how's your physical health today?

VERY SICK OR INJURED (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) 100% HEALTHY & THRIVING

MORNING HEART RATE

MORNING TEMPERATURE

MORNING HEART RATE VARIABILITY (HRV) SCORE

BMP

°F / °C

FOOD JOURNAL

Eating Behaviors Journal

NAME

DATE

Instructions: Capture any urges or behaviors that you notice, especially around eating time.

MEAL TIME	WHAT DID YOU EAT?	WHAT ARE YOU FEELING, DOING OR THINKING?
7:00 AM	Black coffee	Remember to stay on track with diet today! Doing intermittent fasting - no breakfast. Stay strong! Did 45 minutes fasted cardio.
10 AM	Large coffee with cream & sugar Muffin	Hoping to wait until lunch time. Gave in and ate the muffin at the meeting. Feeling guilty and ashamed.
12 PM	12" Subway sandwich Diet soda	Feeling rushed and anxious. Urge to over-eat is strong. Got extra-large sub and ate it quickly. Planning longer workout tonight to make up for it.

FOOD JOURNAL

Eating Slowly Meal Journal

.....
NAME

.....
DATE

MEAL TIME

WHAT DID YOU EAT

DID YOU EAT SLOWLY?

Y N

Y N

Y N

Y N

Y N

Y N

Y N

FOOD JOURNAL

Emotional Eating Journal

NAME

DATE

Instructions: Capture any urges or behaviors that you notice, especially around eating time.

MEAL TIME	WHAT DID YOU EAT?	WHAT ARE YOU FEELING, DOING OR THINKING?
7 AM	Black coffee	Remember to stay on track with diet today! Doing intermittent fasting - no breakfast. Stay strong! Did 45 minutes fasted cardio.
10 AM	Large coffee with cream & sugar Muffin	Hoping to wait until lunch time. Gave in and ate the muffin at the meeting. Feeling guilty and ashamed.
12 PM	12" Subway sandwich Diet soda	Feeling rushed and anxious. Urge to over-eat is strong. Got extra-large sub and ate it quickly. Planning longer workout tonight to make up for it.

FOOD JOURNAL

How Food Feels Journal

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NAME

.....
DATE

Instructions: Capture any physical sensations that you notice throughout the day, especially after eating.

MEAL TIME	WHAT DID YOU EAT?	ANY PHYSICAL SENSATIONS? IF SO, WHAT?
8 AM	Whole wheat bagel and cream cheese Glass of milk	Noticed stuffy nose and headache about half hour later. Stomach a bit rumbling.
12 PM	Bowl of vegetable soup Medium-sized bowl of bean salad with tuna	Ate until just satisfied. Feeling good, not over-stuffed.
3 PM	Large coffee Muffin	Low energy; hoping coffee would pick me up. Now I have a headache.

Hand-Sized Portion Guide

NAME

DATE



Your palm determines your protein portions



Your fist determines your veggie portions



Your cupped hand determines your carb portions



Your thumb determines your fat portions

This works well for many reasons.

First, hands are portable. They come with you to work lunches, restaurants, social gatherings, etc.

Second, hands are scaled to the individual. Bigger people need more food, and tend to have bigger hands, therefore getting larger portions. Smaller people need less food, and tend to have smaller hands, therefore getting smaller portions.

Third, it provides reasonable amounts of nutrient dense foods and their specific macronutrients (thus preventing deficiencies). It will help you meet your protein, vegetable, carb, fat, and calorie needs without having to count a gram or weigh a food.

Assuming you're active and eat about 4 meals per day, this is what we find to be a great starting point:

For each meal, men might begin by eating:

- 2 palms of protein dense foods;
- 2 fists of vegetables;
- 2 cupped handfuls of carb dense foods; and
- 2 thumbs of fat dense foods.

And for each meal, women might begin by eating:

- 1 palm of protein dense foods;
- 1 fist of vegetables;

- 1 cupped handful of carb dense foods; and
- 1 thumb of fat dense foods.

It's important to note a few things here.

To start, men don't need twice as much food as women. And women don't need half as much food as men. These per-meal numbers simply make it very easy to appropriately portion out a meal. But they don't necessarily provide perfect total daily intakes for everyone.

Hand-Sized Portion Guide (cont'd)

When you do out the math, our hand-size portion guidelines come out to 8 daily servings of each food group for men (2 servings of each per meal x 4 meals). And 4 daily servings of each food group for women (1 serving of each per meal x 4 meals).

Some men need less calories than the 8 daily servings of each food group provided by the per-meal template, and some women need more calories than the 4 daily servings of each food group provided by the per-meal template.

In reality, most active men likely need a total daily intake like this:

- 6-8 palms of protein dense foods
- 6-8 fists of vegetables
- 6-8 cupped handfuls of carb dense foods
- 6-8 thumbs of fat dense foods

And most active women likely need a total daily intake like this:

- 4-6 palms of protein dense foods
- 4-6 fists of vegetables
- 4-6 cupped handfuls of carb dense foods
- 4-6 thumbs of fat dense foods

It is important that you be aware of this. And to always keep in mind that even these are just starting points. They are to help

you more easily meet their protein, vegetable, carb, fat, and calorie needs without having to do kitchen math. But they aren't immutable.

You should adjust actual portion sizes up or down, depending on your unique needs and goals. For example:

Men who want to gain lean mass or with very high activity levels might need to add 1-2 cupped handfuls of carbs and / or 1-2 thumbs of fats to a few meals.

Women who want to gain lean mass or with very high activity levels might need to add 1/2-1 cupped handfuls of carbs and / or 1/2-1 thumbs of fats to a few meals.

Men who want to lose body fat or with very low activity levels might need to remove 1-2 cupped handfuls of carbs and / or 1-2 thumbs of fats from a few meals.

Women who want to lose body fat or with very low activity levels might need to remove 1/2-1 cupped handfuls of carbs and / or 1/2-1 thumbs of fats from a few meals.

Of course, just like any other form of nutrition planning – this meal template is just a starting point. So stay flexible and “steer dynamically”.

Adjust portions based on hunger, fullness, preferences, goals, overall activity level, and most importantly, results. Start with the basic template and then adjust portions at any time using outcome-based decision-making.