

HORMONES & BALANCE FOOD/MOOD/POOP JOURNAL

Date & Time	Food & Drink Consumed	How I Feel (mood, stomach/digestion, energy level, quality of sleep, skin, aches & pains, etc.)	Poop Use this chart to give it a number (#) and describe color Poop Code
/ /			
8:00 AM			
9:30 AM			
11:30 AM			
12:00 PM			
3:00 PM			
6:30 PM			
7:00 PM			
9:00 PM			
9:20 PM			