
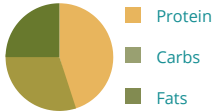




debi robinson wellness: food & body language log

What did you eat? Meal details:

What was your ratio?	Assess Your...	Your body's positive reactions?	Your body's negative reactions?
Protein Type 	Satisfaction	<input type="checkbox"/> Feel full and content? <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

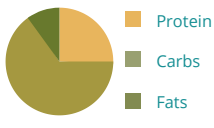
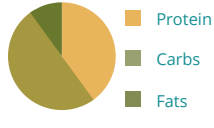
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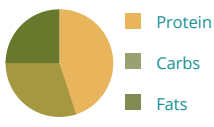
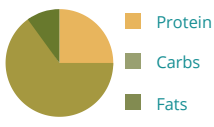
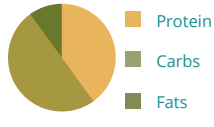
What did I learn from these two meal assessments?

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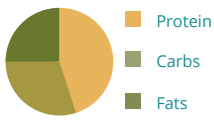
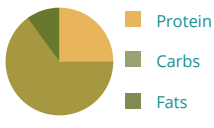
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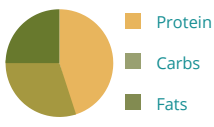
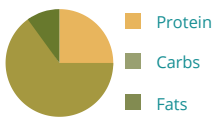
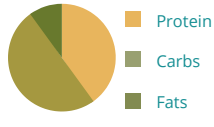
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