



## MY NUTRITION JOURNAL

An example of a daily record of a coherent piece from A - Z. Everything that gets into your body through the digestive and respiratory system. Taking into your physical and emotional activity during the day. Please read focus and fill in after each meal emphasizing. The more accurately you fill, the better it will be possible to diagnose your problem.

* Example of a daily menu record + physical activity *								
(other products assimilated by food: vitamins, drugs, steroids, cigarettes, drugs, liquids, for example: water, alcohol, etc.)								
date and time	name of the meal	dish or product	Give me a measure <i>milliliters, liters, grams, teaspoon, spoon, glass, etc.</i>	Place consumption <b>Atmosphere</b> <i>nice, nervous</i>	The biting and swallowing was done X			Movement activity* Recreation * sport * tourism
					Sl o w	N o r m a l	Fast	
25.05.2017 06:25  07:15  09:13	Brekfast   TOLAETE	I was to make a pee the color of urine dark yellow  cereal coffee with milk ,rye and wheat bread butter fatty curd tomato salt pepper cigarette  I have a loose stool , color of honey	250ml = glass 80g x4szt = 320g 10 g (5g spoon) 20g (10g spoon) 50g pinch (between the thumb and the index fingers)2 pcs	Home at the table with family Kitchen It's nice and joyful			x	06:10 -06:40 (30min)gymnastics at home: slopes jump crunches squats          15: 20 - 16: 00 (40min) Walk with my wife and children 2.5km
25.05.2017  10:15	Second breakfast	natural yogurt banana vitamin C cigarette	150g 1x 5mg 1 x	Work, canteen quite nice			x	
25.05.2017  13:00	dinner	Knuckle Potatoes Iceberg lettuce Apple Juice	300g 200g 50g 500ml	House kitchen			x	
25.05.2017  16:30	Sub-evening, snack	Cookie cheesecake with raisins Black coffee sour cream sugar dry wine	100g 250g 10ml 10g 150ml	Café shop Slightly nervous	x			
25.05.2017  19:20	Diner II	Mint tea Slice of bread Lard Turkey ham Marinated paprika Mayonnaise cigarette	250 30g x 3 =90g 20g 10g x 5 =50g 4 x 10g (spoon) 2x	House Living room at TV			x	

\*\*\*\*\* Please print, fill in and number the pages carefully. Thank you and see you. \*\*\*\*\*



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\* ..... / ..... / ..... kg / ..... cm

NAME AND SURNAME

Only on the first page !!! / \* SEX W \* M \* / AGE/ WEIGHT / HEIGHT

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NAME AND SURNAME

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