



THE 30 DAY REAL FOOD CHALLENGE

DAILY FOOD & MOOD JOURNAL

*AWARENESS IS THE
GREATEST AGENT FOR CHANGE*
EKHART TOLLE

JENNIFER OSTMAN, NTP

DATE:

| | FOOD | DRINKS | MOVEMENT | ENERGY & MOOD | DIGESTION & REACTIONS |
|-----------|------|--------|----------|------------------|--------------------------|
| MEAL 1 | | | | | |
| MEAL 2 | | | | | |
| MEAL 3 | | | | | |
| MEAL 4 | | | | | |
| MEAL 5 | | | | | |