barbara sobel nutrition

DATE: _____

TIME OF DAY AND ACTIVITY	FOOD	ENERGY AFTER EATING	BRAIN FOG, MEMORY, FOCUS, MOOD	OTHER SYMPTOMS AND NOTES

- ○ SLEEP (7-8 HOURS)
- ○ HYDRATION (1/2 BODY WT IN OZ)
- ○ MINDFULNESS PRACTICE (10 MIN+)
- ○ MOVEMENT (WHAT AND HOW LONG)
- ○ COMMUNITY CONNECTION

© Barbara Sobel Nutriton 2021