



Wellness Diary Form


Instructions for Use

Please **keep one copy** of the DIARY FORM as an **ORIGINAL** from which to make copies.

Use a separate, "blank" Diary Form for EACH day:

- Enter the **DAY of the week** and **DATE** at the top of the form.
- **LIST** all **FOODS** and **BEVERAGES** consumed that day. Also tally the number of glasses of PURE WATER consumed during the day — Goal: Drink 1/2 your "weight lbs." in ounces daily.
- **Fat, fiber and calorie content** of each food item can be found in various references online or in print and totaled for each day. U.S. FDA daily guidelines: **FAT** — No more than 65 grams; **FIBER** — minimum of at least 25 grams or more; and **CALORIES** — 2,000 for average person.
- Make notes in the right-hand column on how well you feel physically and emotionally during the day.

At the end of each day, take 10 to 15 minutes to analyze your wellness accomplishments for the day, and complete steps 1 — 5 below:

- I.** On a scale of 1-10, where "1" is "terrible" and "10" is "terrific", **RATE** how you felt physically and emotionally during the day. Explain in the space provided on the form.
 - II.** List any food cravings you had that day.
 - III.** List the type of exercise done that day and the duration in minutes. (If you are taking a day off from exercise, leave this blank for that day. But be sure to exercise 3+ times / week.)
 - IV.** Evaluate your food and exercise accomplishments for the day, in general.
 - V.** Write down specific wellness goals which you would like to set for tomorrow and for the week.
-  Write down **KEY Scriptural reference(s)** in God's WORD which the Lord made particularly real to you during the day.

"Points to Ponder":

- **What FOODS did you notice in your DAILY DIET that were high in grams of fat?**
- **Can you think of ways to cut back on these, or to find healthier substitutes?**
- **Keep a wellness diary for at least 7 consecutive days, to give you an accurate picture of your daily habits. Do this exercise periodically as you make changes.**
- **Transition GRADUALLY toward a healthier way of eating.** In your diet, identify one or two foods that are high in fat and/or sugar and begin to decrease the number of servings of these and at the same time, **increase** the number of servings of **healthier, low-fat, low-sugar, high-fiber alternatives**. Once you have completely transitioned to a healthier food choice that you are now eating consistently, move on to the next food choice you'd like to make healthier. *You'll be surprised at how much better you'll feel and how food even tastes better when eating the healthy way! (You'll live LONGER, too!)*

My Wellness Diary



"This is the day the LORD has made; I will REJOICE and be glad in it!" – Psalm 118:24

Day of week _____

Date _____

Time	Foods and Beverages	Fat	Fiber	Cal.	How do you feel?
Morning					
Afternoon					
Evening					
# of glasses of pure water ▶ 1 2 3 4 5 6 7 8 + Totals:					

I. How did you feel today in general?

Physically: 1 2 3 4 5 6 7 8 9 10
 Poor ←————→ Best

Emotionally: 1 2 3 4 5 6 7 8 9 10
 Poor ←————→ Best

Please Explain:

II. Any food cravings today? Which foods?

III. The exercise I did today and duration:

IV. My evaluation of today:

V. My GOALS for tomorrow and the week:

KEY Scripture Verse(s) God made real to me TODAY:

Sample Day: Standard American Diet (S.A.D.)

My Wellness Diary



“This is the day the LORD has made; I will REJOICE and be glad in it!” – Psalm 118:24

Day **Friday**

Date **April 13**

Time	Foods and Beverages	Fat	Fiber	Cal.	How do you feel?			
Morning	7 a.m.	Coffee with Cream.....	5 g.	0 g.	60	Getting going in the morning		
		2 Eggs, Fried.....	14	0	183			
		2 Pieces Bacon.....	64	0	75			
		Toast (white bread) with Butter.....	5	0	103			
10:30 a.m.	1 oz. Bag of Potato Chips.....	10	1	152	Need more energy			
	8 oz. Soda.....	0	0	106				
Afternoon	1 p.m.	Large Hamburger w/ Sauce & Vegetables	27	2.5	512	Feeling hungry ready to eat lunch		
		10 oz. Shake.....	8	0	314			
		Medium Fries.....	22	3.5	450			
4 p.m.	Coffee with Cream.....	5	0	60	Tired; afternoon blahs; Need energy pick-up			
	Medium Doughnut.....	10	1	192				
Evening	6 p.m.	2 slices Cheese Pizza.....	6	2	281	Feel exhausted; Ready to eat dinner		
		Salad w/ low cal Dressing.....	0	2	43			
		10 oz. Iced Tea.....	0	0	6			
		1 cup Ice Cream.....	15	0	266			
8 p.m.	Candy bar.....	14	0	232	Nighttime sugar craving			
# of glasses of pure water		1	Totals:		205	12 g.	3035	

I. How did you feel today in general?

Physically: 1 2 3 **4** 5 6 7 8 9 10 Emotionally: 1 2 **3** 4 5 6 7 8 9 10
 Poor ← → Best Poor ← → Best

Please Explain:

Feeling tired throughout day; feel more energetic after eating, then go into energy slump

II. Any food cravings today? Which foods? Coffee, sugar	III. The exercise I did today and duration: Climb stairs, walked short distance from car to office and back
IV. My evaluation of today: Food: Too much fat, sugar; need to drink more water! Exercise: Could do longer endurance	V. My GOALS for tomorrow and the week: Tomorrow: Substitute pure water for soda, iced tea Week: Walk 20 minutes 5 x / week

KEY Scripture Verse(s) God made real to me TODAY:

Hebrews 12:1: "Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us."

Sample Day: Healthy Diet

My Wellness Diary

"This is the day the LORD has made; I will REJOICE and be glad in it!" – Psalm 118:24



Day Saturday

Date November 1

Time	Foods and Beverages	Fat	Fiber	Cal.	How do you feel?	
Morning	7 a.m.	8 oz. Orange Juice 1 Egg, Soft-Boiled..... Chicken frankfurter (<i>no nitrites/nitrates</i>).. Whole Wheat Toast..... & Nut Butter and 1 tablespoon Honey...	0 g. 5 9 1 5	0.45 g. 0 0 2 0.65	100 78 115 70 165	Ready to start the day
	10:30 a.m.	2 oz. Mixed nuts..... 8 oz. Herbal Tea.....	29 0	5 0	336 2	
Afternoon	1 p.m.	Chicken Sandwich 10 oz. Soy Protein Drink..... 1 cup Mixed Fruit Salad.....	7.5 1 0.34	1.9 0 2.3	309 110 66	Feeling hungry ready to eat lunch
	4 p.m.	8 oz. Herbal Tea..... Whole Wheat Raisin Bread.....	0 1	0 2	2 74	Still have a lot of energy
Evening	6 p.m.	Whole Wheat Spaghetti & Sauce..... Salad with low cal Dressing..... 1/2 cup Cooked Mixed Vegetables..... 1 cup Yogurt & Pineapple w/ 1 tbsp. honey.....	7.38 0 0 2.26	17 2 2.45 1.4	483 43 27 191	Feel great after a satisfying day
# of glasses of pure water ▶ 1 2 3 4 5 6 7 8 +		Totals:	68.5	37 g	2171	

I. How did you feel today in general?

Physically: 1 2 3 4 5 6 7 8 **9** 10 **Emotionally:** 1 2 3 4 5 6 7 8 **9** 10
 Poor ←————→ Best Poor ←————→ Best

Please Explain:

Feel energetic throughout the day; energy level even, no sugar rushes.

II. Any food cravings today? Which foods? None. Feel very satisfied!	III. The exercise I did today and duration: Jogged 1 mile, aerobics 30 min.
IV. My evaluation of today: Food: Adequate amount Exercise: Good balance, not too strenuous	V. My GOALS for tomorrow and the week: Tomorrow: Up water intake to 7 glasses/day Week: Get to bed earlier (by 10 p.m.)

KEY Scripture Verse(s) God made real to me TODAY:
 Phil. 4:13: "I can do ALL things through Christ who strengthens me!"