



KATHY DEPALO-MOONEY

4 Day Weight Loss Reboot



FOOD DIARY

Use this Food Diary daily throughout your entire program. It's very important to make time after each meal, or at least every night, to document how certain foods make you feel emotionally and physically.

CLUES TO NOTE IN YOUR FOOD DIARY:

- **PHYSICAL symptoms** are bodily sensations.
- **CLUES FOR IMBALANCE:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
- **CLUES FOR BALANCE:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.
- **EMOTIONAL** symptoms may be a little harder to notice.
- **CLUES FOR IMBALANCE:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.
- **CLUES FOR BALANCE:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from Potatoes Not Prozac, by Kathleen Des Maisons, PhD

FOOD DIARY

BEFORE BREAKFAST





BREAKFAST
MORNING SNACK
LUNCH
AFTERNOON SNACK
DINNER
BEFORE BED

