

# Diet Check Record Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Day #: \_\_\_\_\_

Food Intake		Reactions to your Metabolic Type Diet					
List All Food & Drinks		GOOD REACTIONS		BAD REACTIONS			
BREAKFAST	Time ___:___	APPETITE SATIETY CRAVINGS		Feel full, satisfied		Feel physically full, but still hungry	
				Do not have sweet cravings		Have desire for something sweet	
				Do not desire more food		Not satisfied, feel like something was missing	
				Do not feel hungry		Already hungry	
				Do not need to snack before next meal		Feel the need for a snack	
	ENERGY LEVELS		Energy feels renewed		Meal gave too much or too little energy		
			Have good, lasting, "normal" sense of energy		Became hyper jittery, shaky, nervous, or speedy		
					Felt hyper, but exhausted		
	MIND EMOTIONS WELL-BEING		Improved well-being	NOTES		Energy tanked, exhausted, sleepy, drowsy, listless	
			Sense of feeling refueled, renewed and restored				
			Some emotional upliftment				
			Improved mental clarity				
			Normalization of thought process				
	LUNCH	Time ___:___	APPETITE SATIETY CRAVINGS		Feel full, satisfied		Feel physically full, but still hungry
					Do not have sweet cravings		Have desire for something sweet
				Do not desire more food		Not satisfied, feel like something was missing	
				Do not feel hungry		Already hungry	
				Do not need to snack before next meal		Feel the need for a snack	
ENERGY LEVELS			Energy feels renewed		Meal gave too much or too little energy		
			Have good, lasting, "normal" sense of energy		Became hyper jittery, shaky, nervous, or speedy		
					Felt hyper, but exhausted		
MIND EMOTIONS WELL-BEING			Improved well-being	NOTES		Energy tanked, exhausted, sleepy, drowsy, listless	
			Sense of feeling refueled, renewed and restored				
			Some emotional upliftment				
			Improved mental clarity				
			Normalization of thought process				
DINNER		Time ___:___	APPETITE SATIETY CRAVINGS		Feel full, satisfied		Feel physically full, but still hungry
					Do not have sweet cravings		Have desire for something sweet
				Do not desire more food		Not satisfied, feel like something was missing	
				Do not feel hungry		Already hungry	
				Do not need to snack before next meal		Feel the need for a snack	
	ENERGY LEVELS		Energy feels renewed		Meal gave too much or too little energy		
			Have good, lasting, "normal" sense of energy		Became hyper jittery, shaky, nervous, or speedy		
					Felt hyper, but exhausted		
	MIND EMOTIONS WELL-BEING		Improved well-being	NOTES		Energy tanked, exhausted, sleepy, drowsy, listless	
			Sense of feeling refueled, renewed and restored				
			Some emotional upliftment				
			Improved mental clarity				
			Normalization of thought process				