

SUMMER REVITALISE

14 Days to a Healthier & Happier You!



SUMMER REVITALISE FOOD & SYMPTOM DIARY

Food has the power to either fuel us or deplete us. Too often we are not aware of the physical and emotional effect food has on our body and mind.

I want you to be empowered, which is why when you keep this food & symptom diary I want you to **note how your body is being affected on a physical and emotional level.**

Many of my clients experience physical symptoms after eating certain foods, such as: headaches, poor sleep, bloating, skin rashes, dry eyes, insomnia, poor breathing, a bad taste in their mouth, weight gain and more.

Many of my clients also experience emotional imbalances such as feeling anxious, heart palpitations, feeling sad, agitated, irritable and more.

If a certain food causes a reaction for you, or brings on imbalances whether physical or emotional, remove the food from your diet for a week and then reintroduce it to see if the same reaction occurs. If the reaction returns, then remove the food for a 3-month period.

Your body will tell you what is right for you, so the key is to listen to it and be aware of the signs and symptoms of physical and emotional imbalance.

*For women: there is a space to record the day and phase of your cycle. This is because gut symptoms such as bloating and certain emotional states will correlate with the day of your cycle and it is helpful to become aware of these monthly changes.

Use this diary, or buy a journal, to track and write down how you are feeling throughout the Summer Revitalise Plan.

DAILY STEPS

Day	Number of Steps Achieved
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

FOOD & SYMPTOM DIARY – WEEK 1

HOW DID YOU SLEEP LAST NIGHT?

Record what you eat each day in the boxes below. Include details – hunger level before eating, eating at home or eating out, time of eating etc. Also include detail of drinks consumed. Try to sip filtered water throughout the day, aiming for 1.2 litres up to to 2 litres daily.

EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 2

DAY & DATE

HOW DID YOU SLEEP LAST NIGHT?

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 3

DAY & DATE

HOW DID YOU SLEEP LAST NIGHT?

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 4

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 5

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 6

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 7

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

FOOD & SYMPTOM DIARY – WEEK 2

HOW DID YOU SLEEP LAST NIGHT?

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 9

DAY & DATE

HOW DID YOU SLEEP LAST NIGHT?

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 10

DAY & DATE

HOW DID YOU SLEEP LAST NIGHT?

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

FOR WOMEN – CYCLE DAY & PHASE (Typical 28 day cycle: Menstrual phase (From day 1 to 5), Follicular phase (From day 6 to 13), Ovulation phase (Day 14), Luteal phase (From day 15 to 28))

ANY OTHER NOTES?

DAY 11

DAY & DATE

HOW DID YOU SLEEP LAST NIGHT?

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

DIGESTION TODAY (BLOATING/LOOSE STOOLS/CONSTIPATION/NORMAL STOOLS/GAS/STOMACH PAIN/REFLUX)

ENERGY LEVEL TODAY

MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

SELF CARE (EXERCISE/MEDITATION/YOGA/READING/JOURNALLING/EPSOM SALT BATH ETC.)

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ANY OTHER NOTES?

DAY 12

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

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MOOD & STRESS LEVEL TODAY

ANY OTHER SYMPTOMS TODAY?

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DAY 13

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING

SUPPLEMENTS TAKEN TODAY

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MOOD & STRESS LEVEL TODAY

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DAY 14

DAY & DATE

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EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

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