

**Week 2 : How are you Fueling, Feeling, Eating?**

**It's time to write down what you are putting in your body!**

For the next week, please write down everything that you eat, listed out by ingredient- note, I am NOT the food police, this is strictly for you and your knowledge of what is going into your body and it will give you an insight to what your behaviors are and what drives you to eat what. This also will give you HUGE information about how different foods make you feel.

So for the next 7 days, please write down on the document below, or download the one from the members area. : Food Symptom Diary:

- Food you ate listed out by ingredient
- What time of day you ate it
- How it made you feel afterwards: did you get a headache an hour after? Did you get heartburn? Did you feel moody? Bowel movement change? Feel Sleepy? Write all of that down.

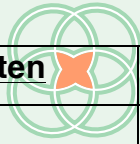
Please, Please DO NOT edit yourself, let it go, who cares what you put in your mouth this week, this is what is going to create greater awareness of the connection that you have and how you are fueling.



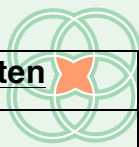
**COLLEEN MCCARTHY** Food Log: Keep for full 7 DAYS  
[Make more copies of this if you run out of space]

<b>Date</b>	<b>Time</b>	<b>Food/ Ingredients Eaten</b>	<b>Amount</b>	<b>Water</b>	<b>Symptoms</b>



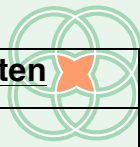


<b><u>Date</u></b>	<b><u>Time</u></b>	<b><u>Food/ Ingredients Eaten</u></b>	<b><u>Amount</u></b>	<b><u>R</u></b>	<b><u>T</u></b>	<b><u>Water</u></b>	<b><u>Symptoms</u></b>

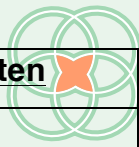


<u>Date</u>	<u>Time</u>	<u>Food/ Ingredients Eaten</u>	<u>Amount</u>	<u>R</u>	<u>T</u>	<u>Water</u>	<u>Symptoms</u>





<u>Date</u>	<u>Time</u>	<u>Food/ Ingredients Eaten</u>	<u>Amount</u>	<u>RT Water</u>	<u>Symptoms</u>



<u>Date</u>	<u>Time</u>	<u>Food/ Ingredients Eaten</u>	<u>Amount</u>	<u>R T</u>	<u>Water</u>	<u>Symptoms</u>



**Reflection Q's POST FOOD LOG:**  
**Noticing Trends**

1. Are you a creature of habit? Do you eat the same things everyday?
  
2. Notice any trends that are happening: Sit with your food log and answer these questions and write the foods and/or trends that you are seeing under each section below:
  - a. Are there certain foods that make you feel **funny**?
  
  - b. Are there certain foods that make you feel **alive**?
  
  - c. Are there certain foods that make you feel **sluggish**?
  
  - d. Are there certain foods that make your belly **gurgle**?
  
  - e. Are there certain foods that cause unwanted symptoms of **pain**?
  
  - f. Are there certain foods that make you feel **satisfied**?
  
  - g. Are there certain days when you didn't go to the bathroom?

- h. Are there certain foods that make you feel **blah**?
- i. How much **sugar** are you eating? Look at the food labels of the foods you ate to figure this out- it doesn't have to be an exact number, just general amount.
- j. How much **water** are you drinking?

**Emotionally/ Mentally/Physically:**

What is coming up for you this week? What feelings are you having as you are writing down what you are eating and how you are fueling yourself?

Are you feeling like you aren't doing a very good job?

Are you feeling the feelings of self worth coming through?

Are you beating yourself up every time you write something down?

What is the energy that you are feeling as you have been logging your foods?

Are you wanting to check out and just stop this crap all together?

If you are feeling all of those feelings—GREAT! You are doing a GREAT JOB! That is exactly what I wanted to happen- a lot of times this triggers our underlying feeling about how we view our self.

If you are feeling, damn, look at that, I am doing a really amazing job at feeding myself some great food! That's great too!

***Right now.... Pause... Take a Breathe- Say this out loud:***

I am going an amazing job! I am becoming so aware and in tune to how I am nourishing myself through food and thoughts.

No matter how bad I feel, I am doing a great job! I open myself up to create space for inner wisdom and intuition to flow through my eating habits. And so it is!

Now that you have finished this weeks module, please come onto the facebook group and share any insights that you may have found.

For example:

- Noticing a trend in headaches at a certain time of day
- Bloating in the afternoons or after certain foods
- Emotional ties between foods and mood, for example, for me after I drink coffee the next two days I am rather snappy and anxious.
- Sleep comes hard to you after eating certain amounts of something.
- Your joints ache on the days that you eat a lot of carbohydrates, etc.

**Come on and share this with the group, whatever you want to share, please share 1 thing you noticed and 1 thing that was your biggest take away for the week.**