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How to complete your tracker

Awoke at: 6am	Hours of sleep: 7 Sleep quality: OK, woke at 3.30am, back to sleep at 3.50am	
Meal & Snack Times	Food & Drinks	Energy levels Mood balance Digestion
7.30am	½ large pot natural yoghurt, granola, handful blueberries. Mug of mint tea.	Still sleepy. Few stomach pains, slightly constipated, dry hard stool.
11am	Coffee & apple	Feeling stressed at work
1pm	Tuna & sweetcorn salad from M&S, handful almonds, small chocolate bar, glass of water	Bloated after lunch
4.30pm	Coffee, houmous with 5 oatcakes, Club bar	Still bloated, getting tired, headache
9.30pm	Poached egg on toast after class	Tired, headache went during yoga
Today's movement: 30min walk to work and back. Yoga class 7-8.30pm		
Today's relaxation: Did 10min meditation app at lunchtime, relaxed at end of yoga class.		

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Today's movement:		
Today's relaxation:		