













# BODY LANGUAGE LOG







**BREAKFAST**

What did you eat? \_\_\_\_\_  50% CHO  
 \_\_\_\_\_  50% P/F  
 \_\_\_\_\_  25% CHO  
 \_\_\_\_\_  75% P/F  
 Tip Off \_\_\_\_\_  75% CHO  
 \_\_\_\_\_  25% P/F







**SNACK**

What did you eat? \_\_\_\_\_  50% CHO  
 \_\_\_\_\_  50% P/F  
 \_\_\_\_\_  25% CHO  
 \_\_\_\_\_  75% P/F  
 Tip Off \_\_\_\_\_  75% CHO  
 \_\_\_\_\_  25% P/F







**LUNCH**

What did you eat? \_\_\_\_\_  50% CHO  
 \_\_\_\_\_  50% P/F  
 \_\_\_\_\_  25% CHO  
 \_\_\_\_\_  75% P/F  
 Tip Off \_\_\_\_\_  75% CHO  
 \_\_\_\_\_  25% P/F

**SNACK**

What did you eat? \_\_\_\_\_  50% CHO  
 \_\_\_\_\_  50% P/F  
 \_\_\_\_\_  25% CHO  
 \_\_\_\_\_  75% P/F  
 Tip Off \_\_\_\_\_  75% CHO  
 \_\_\_\_\_  25% P/F

**DINNER**

What did you eat? \_\_\_\_\_  50% CHO  
 \_\_\_\_\_  50% P/F  
 \_\_\_\_\_  25% CHO  
 \_\_\_\_\_  75% P/F  
 Tip Off \_\_\_\_\_  75% CHO  
 \_\_\_\_\_  25% P/F

	POSITIVE REACTIONS	NEGATIVE REACTIONS
<b>SATISFACTION</b>	- Feel full and content - No sweet cravings	- Not hungry at all - No need for a snack
<b>ENERGY</b>	- Feel recharged - No feelings of crashing	- Energy is even, not excessively high/low
<b>MOOD</b>	- Feel uplifted - Mind is clear with no fog	- Can easily put words and thoughts together

	POSITIVE REACTIONS	NEGATIVE REACTIONS
<b>SATISFACTION</b>	- Physically full, but still hungry (xs F/P) - Desire for something sweet (xs F/P)	- Already hungry (insufficient calcs, xs CHO) - Need to snack (insufficient calcs, xs CHO)
<b>ENERGY</b>	- Energy has not improved at all (xs F/P) - Feel wired, but tired underneath (xs CHO)	- Crashed and burned. Need a nap (xs CHO)
<b>MOOD</b>	- Feel anxious and/or irritable (xs CHO) - Brain is foggy (xs CHO)	- Gut feels heavy (xs F/P)

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Did you drink 0.033litres per kg of your bodyweight today? Y / N