THE 4 WEEK GUT PROTOCOL™ DAILY JOURNAL

DATE _____ M T W T F S S

Rate when you wake up:					
Sleep	1	2	3	4	5
Mood	1	2	3	4	5
Energy	1	2	3	4	5

COLORFUL EATING HABITS

Daily Totals ☐ ☐ A B A B ☐ ☐ ☐

Breakfast _____
☐ ☐ A B A B ☐ ☐ ☐

Snack _____
☐ ☐ A B A B ☐ ☐ ☐

Lunch _____
☐ ☐ A B A B ☐ ☐ ☐

Snack _____
☐ ☐ A B A B ☐ ☐ ☐

Dinner _____
☐ ☐ A B A B ☐ ☐ ☐

Favorite meal of the day? _____

Water
Oz.

Vegan Shakeology Flavor/Ingredients: _____
_____

Added Sugar
_____grams
_____grams
_____grams

Optimize (before meals) B L D

Revitalize (with breakfast) B

EXERCISE:

Did you work out? ☐Y ☐N For how long? _____

30 PLANTS A WEEK TRACKER

EVENING REFLECTION

How did your food make you feel?

_____

What emotions did you feel when eating or after eating?

_____

Rate the day:							
Energy	1	2	3	4	5	6	7
Mood	1	2	3	4	5	6	7
Digestion	1	2	3	4	5	6	7
Bowel Movements (Bristol Stool Chart)	1	2	3	4	5	6	7

Notes: _____

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