

Healthy Living Journal

Track Your Healthy Eating and Living
Habits for Improved Health and Well-Being

Susan U. Neal RN, MBA, MHS

This is the day that the LORD has made;
let us rejoice and be glad in it.

Psalm 118:24 (ESV)

This journal belongs to

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Journal Benefits

Have you tried to decrease your weight or improve your health without success? Or maybe you lost the weight, but it came right back. This journal will help you make lifelong changes so you can reclaim the abundant life Jesus wants you to experience, not a life filled with disease and poor health.

This journal may help you:

- feel and look better
- increase energy
- grow in faith and grace
- sharpen clarity of mind
- harness God's strength to make changes
- become aware of negative food habits
- identify and eliminate behaviors that sabotage your health
- lose weight naturally without a fad diet or buying prepared meals and supplements

How to Use This Journal

The [*Healthy Living Journal*](#) can be used independently or along with [*7 Steps to Get Off Sugar and Carbohydrates*](#). Each day's entry helps you record daily water intake, exercise, and

corresponding moods and energy. Recording your daily food consumption provides an opportunity to learn how food affects your health. When you discover negative health patterns you can change.

The first few logs and charts in this journal (located in the front of the book) will be used intermittently to track:

- Blank Log—whatever you want
- Gratitude Log—things you are grateful for
- Victory Log—when you succeeded in overcoming a food temptation, issue, or other pertinent item
- Temptation/Struggle Log—things that tempt you to overeat and struggle with food
- Binge Eating Tracker—each time you binge and its corresponding effects
- Issue Tracker—undesirable health symptoms
- New Healthy Living Habits Log—each positive habit you want to incorporate into your life
- Blank Tracker—whatever you want

The Blank Log and Tracker are left blank for you to track your own specific issues.

The next three charts should be completed on a daily basis:

- Water Tracker

- Steps Tracker
- Fitness Tracker

The journal is divided into six weeks. Each week contains two charts that should be completed on a daily basis:

- Well-Being Chart
- Daily Food Journal

Color the corresponding boxes in the Well-Being Chart red when you experience negative symptoms and green when you experience positive symptoms. This will help you figure out what type of food makes your body function well or poorly.

Try not to be overwhelmed by the amount of entries as you begin this journal. Completing the process will only take a few minutes here and there each day, and the benefits of journaling will outweigh the time required.

Devotions and educational snippets are provided on a daily basis. Learn about food addiction, Candida infection of the gut, and healthy eating guidelines from these daily entries. As you gain knowledge, you will learn how to improve your health and weight. You will also journal and spend time with God. You are a child of God and deserve the most life has to offer you. Choose to take the time needed to improve your health; your body will thank you.

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

3 John 2

Healthy Living Goals

Document the specific goals you would like to achieve.

Health

-

Eating Habits

-

Meal Planning

-

Physical Activity

-

Stress Relief

-

Weight

-

Sleep

Goals

One day at a time

One meal at a time

One workout at a time

There is a time for everything,

and a season for every activity under the heavens.

Ecclesiastes 3:1 (NIV)

The following charts are included in the book:

Measurements

Blank Log

Gratitude Log

Victory Log

Temptation/Struggle Log

Binge Eating Tracker

Issue Tracker

New Healthy Living Habits Log

Blank Tracker

Water Tracker

Steps Tracker

Fitness Tracker

Weekly Entry Instructions

The first five days of each week include a devotion or educational snippet. However, the sixth and seventh days (Journal Time and Sabbath Reflections) are left blank to allow space for you to journal your thoughts, feelings, desires, and concerns.

Be sure to record daily information in the weekly Well-Being Chart and tracker tables for water, steps, and fitness. In addition, complete a Daily Food Journal provided at the end of each day's devotion.

As you experience:

- temptations—record this in the Temptation/Struggle log
- undesirable health issues—track these symptoms in the Issue Tracker
- binge—document the incident in the Binge Eating Tracker
- gratitude or victory—note this in the appropriate log
- new positive habits—record them in the New Healthy Living Habits Log
- defeat over temptation—write how you succeeded in overcoming spiritually in Appendix 2: My Battle Strategies Plan
- other items not listed—track them in the Blank Log and Tracker

These logs and charts are at the beginning of this journal and the appendices in the back. Several pages are left blank for you to create your own log or tracker page.

Week 1

Weekly Menu Plan

Use the chart below to plan your weekly menu. You can find menus, recipes, and corresponding grocery lists at HealthyLivingSeriesBlog.com.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Snack							
Dinner							

Grocery List

Well-Being Chart

Determine how habits affect your well-being. Record the number of hours you slept and add a Y for yes and N for no for the other items tracked below. Recognize if there is a correlation between your energy level and mood with the consumption of unhealthy foods.

Days	1	2	3	4	5	6	7
Hours of Sleep							
Ate Unhealthy Foods: List the foods							
Binged							
Low Energy Level							
Brain Fog							
Bad Mood							
Anxiety							
Irritable							
Digestive Issues							
Physical Activity							
Probiotics							
Spent Time w/ God							

If you pay attention to your body and how it reacts to different types of food, you can figure out what items to eliminate from your diet. For me, it is anything with a high sugar content. I feel my body surge when I experience a sugar high; then it crashes as my blood-sugar level plummets. Afterward, I feel wiped out and devoid of energy. Unfortunately, the next day I suffer from brain fog and low energy.

When you figure out what food causes your body to react poorly, then you can avoid the food culprit. This is the puzzle you need to figure out. Through using this journal you will put the puzzle together.

Restful sleep is an essential component of a person's well-being. At least eight hours of sleep per night is recommended for optimal brain health and to prevent dementia and Alzheimer's.¹ These diseases of the brain are on the rise. Most everyone has a loved one or knows someone who suffers from one of these diseases. Your sleep and diet affect your brain. If you slept less than eight hours or ate unhealthy foods, color the box red in the Well-Being Chart. If you experience a day with high energy and clarity of mind color the corresponding boxes green.

Many of the symptoms listed in the Well-Being Chart (energy, brain fog, mood, anxiety, irritability, digestive issues) are affected by the foods you consume. Recently, I noticed home-made chocolate-chip cookies made with almond flour and maple syrup, while healthier, made me irritable and less tolerant. My family does not deserve to be treated in an ill-tempered manner. Once I recognized the culprit, by journaling what I ate, I stopped snacking on the cookies.

Spending time with God can also affect your temperament. Most mornings I try to spend fifteen minutes of quiet, meditative time with the Lord. Getting connected with the Creator of the

universe and feeling his presence in my life gives me a better sense of well-being. Asking for his help to maintain a healthy eating pattern gives newfound strength.

Each week you will be provided with a new Well-Being Chart to complete on a daily basis. At the end of each week review your Daily Food Journal and compare it with your Well-Being Chart to determine how you did food wise along with the corresponding symptoms. When you color boxes red (negative symptoms) and green (positive symptoms) it is easier to figure out what type of food makes your body function well and vice-versa. When you find a food culprit, eliminate it from your diet.

After-Dinner Snack

Do not eat anything three hours before going to bed, and fast for twelve hours each night (from dinner until breakfast). This recommendation is for brain health, to prevent dementia and Alzheimer's. A clinical study that showed significant improvement in these diseases of the brain recommends these two interventions to reduce insulin levels.² Therefore, if you eat dinner at 7 p.m. and go to bed at 10 p.m., you should not eat a snack after dinner.

Day 1

Introduction

During the next six weeks, commit to spending a few minutes each day recording what you ate and drank and how your body reacted to those foods. Food issues you didn't know you had will become apparent because you can identify which items you ate when you felt poorly. For example, if I eat something that raises my blood sugar, the next day I experience brain fog and lethargy. How do you feel the day after consuming food with high sugar content? Write it down, and you will find out.

Each week's Daily Food Journal and Well-Being Chart will take you through what you should record. Tracking this information is important for your physical health, yet one of the most valuable components of journaling is recording what takes place in the mind. Understanding the emotional and spiritual implications you may have with food is essential to improving your lifestyle.

If you binge, what happens to your body? Write it down in the Binge Eating Log. Just as it is important to determine the nutritional content of food, it is vital to figure out the strongholds in your mind. A stronghold is something you turn to instead of God. Understanding your thoughts about food is necessary to determine the root cause of a dysfunctional food habit.

Recording thoughts, feelings, struggles, and victories has a powerful effect. Journaling also creates personal accountability. The more you journal, the more easily you'll recognize when you are eating out of emotion or for the wrong reason. You may determine what helped you overcome a struggle. Journaling provides clarity of thoughts, feelings, and desires.

Are you living life to its fullness? Is your health or weight impeding you from embracing a healthy, abundant life? You are about to embark on the bountiful life Jesus has in store for you!

“The thief’s purpose is to steal, kill and destroy. My purpose is to give life in all its fullness.”

John 10:10 (TLB)

Father,

As I begin this journey to improve my health, help me find the time and motivation to record my thoughts and habits in this journal. Please guide me to reawaken the youth and vitality of the glorious body you gave me. Help me understand how different foods affect my body, so I can know if a specific food is harming me. Thank you in advance for helping me and answering my prayers. In Jesus’s name. Amen.

If you would like to purchase this journal click [here](#).

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