

QUICK START GUIDE TO KETO FOOD & MOOD JOURNAL

Note good and bad reactions both physically and emotionally 1-2 hours after eating

Good reactions include: *Physically:* Ex: feel satisfied; don't have cravings; don't feel hungry; feel replenished and have stable, lasting energy *Emotionally:* Ex: Feel sense of calm, balance, restoration; improved mental clarity and focus; sense of well-being

Bad reactions include: *Physically:* Ex: Feel physically full but still hungry; sweet cravings; decreased energy *Emotionally:* Ex: Feel either jittery or sluggish; spacey; unfocused; anxious or depressed; irritable or angry

TIME	FOODS & DRINKS	GOOD REACTIONS	BAD REACTIONS	DIGESTION NOTES