




What's Your Body Saying?

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
	Protein Type  <ul style="list-style-type: none"> ■ Protein ■ Carbs ■ Fats 	Satisfaction	<input type="checkbox"/> Feel full and content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type  <ul style="list-style-type: none"> ■ Protein ■ Carbs ■ Fats 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type  <ul style="list-style-type: none"> ■ Protein ■ Carbs ■ Fats 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear with no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

- 30 minutes to 2 hours after eating assess yourself.
- “xs” means excess
- “F” means Fat
- “P” means Protein
- “C” means Carbs