

Lifestyle Log

Date	
Breakfast and Beverages <i>including sweeteners</i>	
Lunch and Beverages <i>including sweeteners</i>	
Dinner and Beverages <i>including sweeteners</i>	
Snacks and Beverages <i>including sweeteners</i>	
Exercise	
Sleep	
Energy Level	

Excerpted from *Good Food, Great Medicine* (4th edition), by Miles Hassell, MD and Mea Hassell