



WEEK 5: RDM
FOOD JOURNAL
FOLLOW UP





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Now that you have tracked your food and drink intake for the past week, let's take a moment to review your journal.

Identify 3 patterns that emerged. For instance, do you regularly skip meals? Do you mindlessly snack when you are watching Netflix? Does getting in a workout before or after work affect your eating? Explain what happens.

1) _____

2) _____

3) _____



Review your vegetable and fruit intake. How many servings are you consistently getting in a day?

What can you do to increase your intake? For example, you could replace chips with raw vegetables at lunch.

Review your water intake. How many 8 oz. glasses are you consistently getting in a day?

What can you do to increase your intake? For example, you could buy a fruit-infused water bottle and sip on it at your desk throughout the day.

How long do you go between meals and snacks? Does it impact your energy throughout the day?

Set three food goals you want to focus on for the next month? How will this improve your health and life? For instance, consuming 5 servings of vegetables per day will protect against chronic disease and encourage me to crowd out the junk food before bikini season.

- 1) _____

- 2) _____

- 3) _____

Keep journaling over the next few weeks to continue to identify any patterns that emerge. This will also give you accountability on your wellness journey. Remember this is not a sprint; it's a marathon. Lasting change develops over time!

“ *Slow and steady wins the race!* ”





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