

TJF DETOX CHALLENGE FOOD DIARY

RESPONSES

1 = Full, satisfied 2 = Good mental focus, clarity of thoughts 3 = No cravings 4 = Unsatisfied, something missing 5 = Hungry soon after eating
 6 = Tired, mentally slow 7 = Crave sweets 8 = Crave fat, protein 9 = Anxious, nervous 10 = Lethargic, heavy gut

	Breakfast		Lunch		Dinner		Snacks	
	Food Eaten	Responses	Food Eaten	Responses	Food Eaten	Responses	Food Eaten	Responses
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

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