

# FOOD AND RECOVERY LOG

Date: \_\_\_\_\_

Hours of sleep last night

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Quality of Sleep out of 10 (10 meaning you wake up without feeling groggy)

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Energy Level out of 10 in the morning (10 meaning you jump out of bed ready to take on the day)

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Breakfast (No need to measure down to the gram but provide a rough estimate of portion size)

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Notes after breakfast (Energy, Mood, Digestion, Cravings etc.)

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Lunch (No need to measure down to the gram but provide a rough estimate of portion size)

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Notes after Lunch (Energy, Mood, Digestion, Cravings etc.)

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Dinner (No need to measure down to the gram but provide a rough estimate of portion size)

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Notes after Dinner (Energy, Mood, Digestion, Cravings etc.)

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Workout time/type of workout

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Quality of workout out of 10 (10 meaning you crushed a Personal Best feel amazing)

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Recovery Notes around Workout (Pre/Post workout meal)

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Overall Stress Levels out of 10

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Overall Energy Levels out of 10

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Small Wins for the day (These are the small actions we take towards our goals, it could be drinking one more glass of water, eating breakfast, packing a lunch etc.)

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Struggles

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Strategies to overcome struggles for the next day

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