



Easing Anxiety

Five Week Brain Health Challenge: NUTRITION JOURNAL

Nutrition Journal Questions:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Number of Fast Foods or Processed Meals:							
Number of Fried Foods:							
Total Grams of Sugar:							
Number of Sodas / Sweet Tea / Energy Drinks:							
Number of Coffee Drinks:							

Water - Ounces Consumed							
Morning:							
Afternoon:							
Evening:							
Bed Time:							
Number of Sleep Hours:							

What could you do differently in your food choices to have a balanced diet?