

A COMPANION TO NUTRITIONAL HONESTY

Food Honesty Journal

Begin on Day 4. Keep recording through Day 40. Use this journal to see your eating and drinking habits clearly, then choose a practical next step.

1 Record what happened

Write the time, what you ate or drank, and an ordinary description of the amount. Include drinks, additions, snacks, and small bites. Calorie calculations are not required.

2 Keep the record within reach

Use the daily page, a notebook, or a phone note. Make an entry as soon as practical. Add a best estimate when you forget; mark it as an estimate and continue.

3 Learn from the pattern

Notice helpful habits as well as difficulties. After several days, complete the review on page 3. A record can reveal a pattern without explaining its cause.

AN EXAMPLE ENTRY

3:30 p.m. A handful of crackers and a sweet tea.

Context: Lunch got pushed back; grabbed what was available.

A question to explore: What would make lunch easier to get to tomorrow?

Keep it useful. Print or save a new daily page for each day. Use another copy if you need more entry space. Save a dated copy after typing in the PDF; printing is optional.

If tracking increases anxiety or leads you toward restricting food, pause and ask a qualified health professional for a supported approach.

REUSABLE DAILY PAGE

What I ate and drank

Record what happened. Add context if it helps. Use another page whenever you need more room.

Date Book day

Time	Food and drink / rough amount	Context if useful

One thing I noticed today

Continue with your next entry tomorrow. You do not need to start the forty days over when an entry is missed.

REVIEW AFTER SEVERAL DAYS

From a record to a next step

Bring curiosity and honesty to your notes. Look for what repeats before choosing one change to practice.

Dates reviewed

1 What supported me that I want to keep doing?**2 What pattern do I notice? Describe what happened.****3 What question or obstacle would I like help with?****4 One action I can practice this week**

Make it specific. Example: When I check tomorrow's schedule, I will set a reminder to take my lunch break.

Who could help me review this?

When will I ask?

Want personal help choosing your next step? Explore Jumpstart coaching at faithfulfitness.co/jumpstart. For the full video devotional with Coach Alex and ongoing community support, join the CORPS at faithfulfitness.co/join.