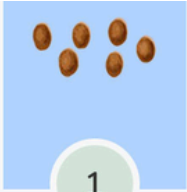


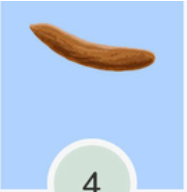
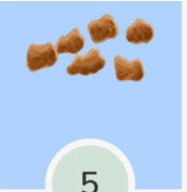




# Moods & Symptom Diary

To get the most out of using this moods and symptom diary, list your feelings and symptoms honestly as this will help you to keep track of your progress and weight loss journey.

Being 100% honest with yourself and nutritionist helps to build confidence and motivation to keep going and make lifelong changes.

<b>Moods &amp; Feelings:</b> How do you feel this week in yourself and your efforts to keeping motivated on your weight loss journey?	
<b>Symptoms:</b> List any symptoms you experience / symptoms that no longer occur.	
<b>Energy levels:</b> Rate your energy levels through the day out of 10. 10 = the most energy 1 = the least energy.  Note the time of day you noticed positive or negative energy levels.	
<b>Sleep:</b> Note down any changes in your sleep patterns, good or bad.	
<b>Bowel Motions:</b> Keep an eye on your bowel motions and note down if you have constipation, diarrhoea or normal stools. Use the Bristol Stool Chart below to help.	

 1 Hard separate pellet like lumps that are difficult to pass	 2 Lumpy, sausage-shaped stool	 3 Sausage-shaped stool with cracks on the surface	 4 Sausage-shaped stool but smooth and soft (like a snake)	 5 Blobs that are soft and pass easily	 6 Mushy stool in the form of fluffy pieces with ragged edges	 7 Entirely liquid, no solid pieces
CONSTIPATION		HEALTHY STOOL TYPES		DIARRHEA		