

# Body Alchemy - Weekly Food Journal

Fill it in by hand or type into the boxes. Data, not judgment.

WEEK OF

---

THIS WEEK'S FOCUS

---

Day	Breakfast	Lunch	Dinner	Snacks / drinks	Sleep (hrs)	Energy 1-10
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

PATTERNS I NOTICED THIS WEEK

---

---

ONE THING I WANT TO ADJUST NEXT WEEK

---

*A reminder: this is a data-gathering tool. The point is to see clearly, not to perform. Missed days are also data.*