Daily FMP Journal (w/phytonutrients)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fat							
	Fiber							
	Protein							
	Phytonutrients	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W
Lunch	Fat							
	Fiber							
	Protein							
	Phytonutrients	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W
Dinner	Fat							
	Fiber							
	Protein							
	Phytonutrients	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W	R O Y G B I V W
Mood	Record any moods you notice throughout the day or associated with any specific foods							
Poop	Use the Bristol Stool chart to track your movements and annotate anything else pertinent	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7