

Food and Fitness Journal



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"How you do food...is how you do life"

Congratulations! You are taking the most important step on your journey of health and healing. You are taking ACTION. You have stepped forward and claimed that you are READY for a change. You are READY to leave the old debilitating habits behind and LEARN what you can do NOW to move forward in your mind and body fitness.

You are your best teacher; and by keeping a food journal you will learn how you do food. And how you do food is how you do life. As you keep your food journal, reflect and make the adjustments necessary to lead you to a trim, lean and healthy you!

Being healthy is not just exercising, it isn't just eating right, and it isn't just having a positive mental state and attitude. It is ALL 3. In this program you will find the balance and learn to work all 3 together so you may experience long term success.

As with any program, success is a guarantee if you adhere to the program. The difference with this program.... you will learn what makes you tick, what brings fire to your gut, what empowers you to live. Once you know this...and believe in yourself, nothing can stop you from a long life of mind and body wellness.

Utilize this booklet, adhere to your exercise regimen, eat for good health...what your body desires, breathe fully and completely and except the new...do not resist.... just relax in to it.... Ebb and Flow! Most importantly.... what you did yesterday stays in yesterday, it does not flow into today. Today is a NEW DAY! You have a NEW beginning, so grab hold and enjoy! Thank you for asking me to join you on this journey of yours. I am here to lead, educate, motivate and empower you...I am so excited for you and can't wait to see what it brings into your life!

Ashly

How to use the Bio~Balance Food and Fitness Journal

There are 7 days of food sheets followed by a weekly checklist. Fill out the requested information on the food sheets. At the end of each week, Check-In and Reflect by working your way through the checklist. Take time to learn how you do food. Because the way you do food is the way you do life.

- Column 1 - list the specific time you eat - this is very important. Eating timeline corresponding with circadian rhythm creates metabolic power. You will burn more calories.
- Column 2 - list the food you ate and approximate serving size ...please do not measure your food.

Serving sizes:

Fats - the size of your thumb

Protein and grain - the size of your fist

Veggie and fruit - the size of your hand

- Column 3 - When eating are you relaxed or are you rushed...stressed? Your brain needs time to process the food you just ate. Slow down and enjoy it. Slowing down and being in a relaxed state will actually help stimulate your digestive and calorie burning metabolism!
- Column 4 - list the activity at the time of eating. Are you sitting, standing, working, driving, etc... **You can actually increase your metabolism by 40%** by taking notice of your food using ALL the senses. If you are doing something else while eating...your brain doesn't recognize that you are eating and doesn't increase burning power. This is the cephalic phase of digestion.
- There is space for you to journal or make notes in the bottom section of each page. Make note of: food digestibility, energy level after eating, clarity of thoughts, etc...
- Activity - list the activity or exercise you did that day. Ashly's Mind/Body Fit Class, yoga, stretching, jumping on trampoline with kids, playing soccer with kids, nature hike with the family....etc...

At the end of the week, take 20 min to look back at your week. Utilize the checklist to see how closely you followed the rules for increasing your metabolic power. You will find that when following these simple rules you will have more energy, and be leaner and stronger.

Enjoy the Journey!

Day _____ / Date: _____

time	food and amount	stress or relax	satisfaction

NOTES:

Activity:

Be the living, breathing example of your goal!

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NOTES:

Activity:

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Weekly Checklist:

1. Were meals eaten in circadian rhythm?

Largest meal early in the day - Moderate Meal by 2:00pm -

Light meal between 4:30 and 7:30pm

The metabolism is at its lowest between 2-5pm-try not to eat during this time.

2. Were you a stressed or relaxed eater?

The body will digest and metabolize food more efficiently when it is relaxed.

3. Did you eat to satisfaction? Or did you eat past full?

Eat to satisfaction for more energy and natural weight loss.

Over filling can cause the body and mood to be sluggish.

4. Were a protein and essential fat included in every meal?

Protein and essential fats give prolonged energy and satisfaction.

5. If you had a "treat" was it eaten early in the day or evening?

If you indulge, do it early in the day; your metabolism is at its highest (noon)

It is possible to have something you love everyday.

The amount that is eaten and the mood it is eaten in is key to metabolism.

Weekly NOTES:

Be the living, breathing example of your goal!

