

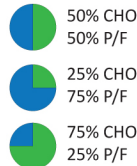
BODY LANGUAGE LOG

Date: _____

BREAKFAST

What did you eat?

Ratio?



Translation: _____

POSITIVE REACTIONS

NEGATIVE REACTIONS

Satisfaction

- Feel full and content
- No sweet cravings
- Not hungry at all
- No need for a snack

- Physically full, BUT still hungry (xs F/P)
- Desire for something sweet (xs F/P)
- Already hungry (insufficient cals, xs CHO)
- Need to snack (insufficient cals, xs CHO)

Energy

- Feel recharged
- Energy is even, not excessively high/low
- No feelings of crashing

- Energy has not improved at all (xs F/P)
- Feel wired, but tired underneath (xs CHO)
- Crashed and burned. Need a nap. (xs CHO)

Mood

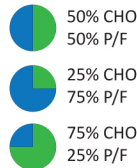
- Feel uplifted
- Mind is clear with no fog
- Can easily put words and thoughts together

- Feel anxious and/or irritable (xs CHO)
- Brain is foggy (xs CHO)
- Gut feels heavy (xs F/P)

SNACK

What did you eat?

Ratio?



Translation: _____

POSITIVE REACTIONS

NEGATIVE REACTIONS

Satisfaction

- Feel full and content
- No sweet cravings
- Not hungry at all
- No need for a snack

- Physically full, BUT still hungry (xs F/P)
- Desire for something sweet (xs F/P)
- Already hungry (insufficient cals, xs CHO)
- Need to snack (insufficient cals, xs CHO)

Energy

- Feel recharged
- Energy is even, not excessively high/low
- No feelings of crashing

- Energy has not improved at all (xs F/P)
- Feel wired, but tired underneath (xs CHO)
- Crashed and burned. Need a nap. (xs CHO)

Mood

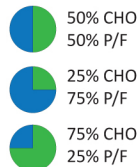
- Feel uplifted
- Mind is clear with no fog
- Can easily put words and thoughts together

- Feel anxious and/or irritable (xs CHO)
- Brain is foggy (xs CHO)
- Gut feels heavy (xs F/P)

LUNCH

What did you eat?

Ratio?



Translation: _____

POSITIVE REACTIONS

NEGATIVE REACTIONS

Satisfaction

- Feel full and content
- No sweet cravings
- Not hungry at all
- No need for a snack

- Physically full, BUT still hungry (xs F/P)
- Desire for something sweet (xs F/P)
- Already hungry (insufficient cals, xs CHO)
- Need to snack (insufficient cals, xs CHO)

Energy

- Feel recharged
- Energy is even, not excessively high/low
- No feelings of crashing

- Energy has not improved at all (xs F/P)
- Feel wired, but tired underneath (xs CHO)
- Crashed and burned. Need a nap. (xs CHO)

Mood

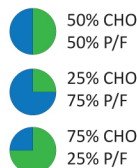
- Feel uplifted
- Mind is clear with no fog
- Can easily put words and thoughts together

- Feel anxious and/or irritable (xs CHO)
- Brain is foggy (xs CHO)
- Gut feels heavy (xs F/P)

SNACK

What did you eat?

Ratio?



Translation: _____

POSITIVE REACTIONS

NEGATIVE REACTIONS

Satisfaction

- Feel full and content
- No sweet cravings
- Not hungry at all
- No need for a snack

- Physically full, BUT still hungry (xs F/P)
- Desire for something sweet (xs F/P)
- Already hungry (insufficient cals, xs CHO)
- Need to snack (insufficient cals, xs CHO)

Energy

- Feel recharged
- Energy is even, not excessively high/low
- No feelings of crashing

- Energy has not improved at all (xs F/P)
- Feel wired, but tired underneath (xs CHO)
- Crashed and burned. Need a nap. (xs CHO)

Mood

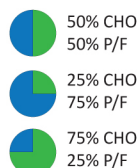
- Feel uplifted
- Mind is clear with no fog
- Can easily put words and thoughts together

- Feel anxious and/or irritable (xs CHO)
- Brain is foggy (xs CHO)
- Gut feels heavy (xs F/P)

DINNER

What did you eat?

Ratio?



Translation: _____

POSITIVE REACTIONS

NEGATIVE REACTIONS

Satisfaction

- Feel full and content
- No sweet cravings
- Not hungry at all
- No need for a snack

- Physically full, BUT still hungry (xs F/P)
- Desire for something sweet (xs F/P)
- Already hungry (insufficient cals, xs CHO)
- Need to snack (insufficient cals, xs CHO)

Energy

- Feel recharged
- Energy is even, not excessively high/low
- No feelings of crashing

- Energy has not improved at all (xs F/P)
- Feel wired, but tired underneath (xs CHO)
- Crashed and burned. Need a nap. (xs CHO)

Mood

- Feel uplifted
- Mind is clear with no fog
- Can easily put words and thoughts together

- Feel anxious and/or irritable (xs CHO)
- Brain is foggy (xs CHO)
- Gut feels heavy (xs F/P)

Did you drink half your bodyweight in ounces of water today? Y / N

Body Language Log adapted from William Wolcott's Diet Check Record sheets.
Wolcott is the author of *The Metabolic Typing Diet*.