

# Appendix B-Wellness Journal

Use this journal as a tool to learn to relate what you eat and consume to how you are feeling. Copy this page and complete the information throughout the day for three weeks. It will help you become more aware of your patterns and their effect on you. This is an easy way to identify the source of problems.

Wellness Journal										
Date:	Food and Beverages	Herbs and Supplements	Practices Yoga, Pranayama, Meditation/ Mantra, Chanting, Asana, Other	Self Care Gum and Teeth, Walk/ Mantra, Other	Sleep Schedule Wake up and go to bed time, hours of sleep	How do you feel?	Breath/ Tongue	Physical Overall Comfort, Temperature, Gut Condition, Gas, Agni, # and Quality of Bowel Movements; Skin Condition	Mental Overall Comfort, Clarity, Other	Emotional Overall Comfort, Mood, Temperament
Time of day:										
Time of day:										
Time of day:										
Time of day:										