

THE ULTIMATE TOOL TO TRACK

FOOD



SLEEP



MOOD



POOP



DON'T LEAVE HOME WITHOUT IT;)

FOOD | SLEEP | MOOD | POOP JOURNAL

The purpose of tracking things like food, mood, sleep and poop is to use the information as a tool for further investigation and tweaking of your child's nutrition and biomedical protocols. I know from experience that the process can be tiring but the results can be eye opening.

*Before you get started, **make sure you save the FMSPJ pdf under a new name** as this is necessary for any changes you make to be saved. The pdf is set up as a fillable/editable, so you can enter all the information each day directly on your computer. Alternatively you can print it out and go old school and write on a paper journal.*

9 Tips & Tricks for recording information in the FMSP Journal:

1. Write EVERYTHING you child eats down in your journal. Yes, this can be a lot of work but it is essential as even the smallest thing/ingredient could be the key to figuring out food sensitivities and intolerances.
2. Don't have time to write it down? Take a picture! We all pretty much have a smartphone these days with us at all times. Put it to good use. Snap a shot of your child's plate before they start eating and when they are done. Then take 10 mins at the end of each day to write down what they ate in the journal.
3. Take a picture of the label of any prepared food you feed your child (and then just write down the name of the product in the journal to save time). Sometimes there are ingredients in there you would have never guessed. When you do your journal review, pull out the picture of the label and review the ingredients once again in context of your child's day.
4. Make sure you are also tracking any supplements you are giving your child. You can write down each supplement and the dose OR if you haven't got it already, pick up our [Biomedical and Nutritional Therapy Protocol](#) tracking tool and you can just note that the protocol was followed.
5. To track your child's bowel movements, use the numbers from the [Bristol Stool Chart](#). It is quick, easy and non-graphic way to get the job done!
6. Don't forget to record the mood/digestion and exercise/therapy and sleep. You might just notice that something other than the food that relates to improvements or challenges your child is having. Each piece of this journal holds great value and will help you move forward with decisions on how to help your child most effectively.

FOOD | SLEEP | MOOD | POOP JOURNAL

7. Review the journal! Sit down, at a quiet time and review your child's journal. This should be done at regular intervals (every week - month depending on your child and goals).
8. Take your child's journal to your appointments with their practitioners and review it with them to get their insights. Practitioners that address biomedical and nutritional aspects of recovery will thank you for doing this as they can typically do a quick review of the information as it will be well organized. Check with them to see if they would like you to submit the journal in advance of the appointment for their review.
9. Remember, this is not a tool for judgement, it is a tool for healing and observation. It is important that it is complete as humanly possible and honest as then it will reward you with the most effective insights:).

We are always looking for ways to help make things easier for you and your child. If you have a suggestion for a tool or changes we can make to this one please contact us at info@mychildwillthrive.com.

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