

THE ULTIMATE CHECKLIST TO REVIEW YOUR

FOOD



SLEEP



MOOD



POOP



PUTTING ALL YOUR HARD WORK UNDER A MICROSCOPE:)

Food Sleep Mood & Poop Journal Review Checklist

This is a checklist of the things you will want to look for/consider when reviewing your child's food journal. This checklist is a starting point to identify areas of improvement or opportunities to see what is working in addition to what isn't working for your child.

- Hydration** - take a look at their water intake. Hydration is key to many systems in the body and although it seems simple, it should not be ignored. The benchmark for hydration is water intake should approximately $\frac{1}{2}$ your child's body weight in ounces per day. If they drink any diuretic beverages (sugary drinks including juice or caffeinated beverages) then they need to drink 1.5 times the amount of diuretic beverages in water to rehydrate. Quality of the water is also essential.
- Digestion** - as discussed in [Part 1](#) and [Part 2](#) of my articles on how poor digestion can sabotage your efforts to help your child with dietary intervention, digestion is a key part of the process of any nutritional intervention. One of the ways to assess digestion is through taking a look at the output, poop. Compare the notes on your journal with the Bristol Stool Chart to identify signs of constipation or other elimination problems and refer them back to the foods eaten, supplements taken (or missed) and how much your child had to drink that day. Also, consider any obvious signs of digestive distress (gas, bloating, reflux etc) and note if there is a pattern of when these symptoms occur (i.e. when they eat a particular food)
- Supplementation** - Review to ensure that you have been able to implement according to your original supplementation plan. Each supplement that is part of your child's protocol has a purpose (if you are using the [Biomedical and Nutritional Therapy Tracking Tool](#) the reason why a supplement is being used will be listed there). Sometimes we aren't able to stick exactly to the plan due to uncooperative children, illness, travel or we run out of a supplement. It is important to see what supplement therapy we actually implemented consistently to evaluate the results accurately.
- Blood Sugar Management** - look at each meal or snack. Is there a fat or protein combined with a carbohydrate at each meal and snack? Combining these macro nutrients slows the release of glucose into the bloodstream giving our kids a steady stream of energy. As our kids are often in a continuous state of stress, their ability to manage their blood sugar is impaired due to overtaxed adrenals. Blood sugar swings will be evident in their moods and behaviour.
- Sleep** - any big picture trends or changes in sleep? Based on your notes what do you attribute them to?
- Mood/behaviour** -any big picture trends or changes in sleep? Based on your notes what do you attribute them to?
- Summary of symptoms and Potential Food Triggers** - Fill out chart on the following page that correlates sleep, mood/behaviour, poop or other digestive symptoms and foods or types of food eaten in and around the time that the symptoms were noted. Once you have done this and a big picture review, you may note areas in which you should consider refining your child's diet further, changing supplement protocols or further supporting their digestion.

