

A Path to Balance

Guilt Free Food Journal



How to Use the Guilt Free Food Journal

This journal is not for losing weight.

You will be tracking what you eat and the time you ate it. In addition, you will be tracking the amount of liquids you drink each day.

This Journal is to help you discover food sensitivities, emotions, stressors, exercise, lifestyle or other things that may be causing you to be sick.

Write down everything you eat or drink!

At the end of this journal you will find a calendar for tracking as well as additional note pages.

- No calorie counting
- No carb counting
- No fat counting
- No protein counting

The time you eat is very important.

In the next 30 days, If you are diligent and committed to feeling better, you will discover patterns showing your unique food triggers. And more important , you'll learn how to avoid them.

- Track the food you eat
- Track the liquid you drink
- Track the emotions you feel
- Track what stresses you
- Track how you feel in general each day
- Track your output
- Track your exercise



Evon Stone Rubenstein, C-IAYT

Evon received her Health Coach Training at Loyola Marymount University and her Dual B.A. in Business Administration and Operations Management. She designs individualized sessions to meet students where they are in their journey to health. Customized practices will foster nourishment tailored for the individual with ongoing support.

At the Community Memorial Hospital Cancer Resource Center in Ventura, CA, she worked with cancer patients before, during and after their treatment.

You and Evon will co-create a personal custom daily practice through a proven method of breath and movement, using a HIPPA approved health assessment system.

My long journey to health and happiness has taken a lifetime but I want yours to be shorter and I promise to help you get there! I can help you learn to be more gentle with yourself. To take better care of yourself and know your limits for activity each day. I'll show you how to set boundaries, communicate better and understand your own needs as they apply to all digestive issues. I'm looking forward to working with you!



Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.

Maimonides

(March 30, 1135 - December 12, 1204)

TODAY IS FOR STARTING & COMMITTING TO
TAKING CHARGE OF YOUR HEALTH
DAY 1

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

KEEP YOUR EYE ON THE HEALTH GOALS DAY 2

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

CONCENTRATE ON WHAT YOUR BODY NEEDS TODAY
DAY 3

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

YOUR MIND IS CLEAR ON WHAT YOUR BODY NEEDS TODAY
DAY 4

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

LET TODAY BRING YOU JOY NOT SUFFERING
DAY 5

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

KEEP YOUR OBJECTIVE IN MIND
DAY 6

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

MAKE YOUR DECISIONS BASED ON FACTS
DAY 7

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

TRUST YOUR DECISIONS DAY 8

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

BASE YOUR CHOICES IN REALITY
DAY 9

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

SLEEP DEEPLY
DAY 10

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

USE YOUR MEMORIES WISELY
DAY 11

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

PRACTICE STAYING FOCUSED ON YOUR GOALS
DAY 12

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

CHOOSE THE RIGHT ACTION TO GET TO YOUR GOAL
DAY 13

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

BECOME DEVOTED TO YOUR GOAL
DAY 14

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

LET GO OF THAT WHICH IS NO LONGER SERVING YOU DAY 15

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

DO NOT BE DISTRACTED BY OTHERS
DAY 16

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

UNDERSTANDING LEADS TO JOY
DAY 17

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

DON'T LET THE PAST DISTRACT YOU DAY 18

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

YOU HAVE SPECIAL GIFTS WITHIN YOU
DAY 19

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

FAITH IS ESSENTIAL TO REACH YOUR GOAL
DAY 20

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

FAITH WILL SPEED THE PATH TO YOUR GOAL
DAY 21

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

STAY STEADY ON YOUR WAY TO YOUR GOAL
DAY 22

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

LET GO - YOUR INTUITION WILL GUIDE YOU
DAY 23

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

LISTEN TO YOURSELF AND MAKE THE RIGHT CHOICE DAY 24

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

YOUR INTUITION KNOWS WHAT'S RIGHT FOR YOU DAY 25

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

GO FROM DARKNESS TO LIGHT
DAY 26

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

LISTEN TO THE VIBRATIONS WITHIN YOU DAY 27

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

STAY CONNECTED TO YOURSELF
DAY 28

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

DON'T LET LIFE'S OBSTACLES STAND IN YOUR WAY
DAY 29

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

Discover what is holding you back from
achieving you goals
DAY 30

Write down everything you eat & when you ate it. Include all liquids by ounces.

Write down how you feel physically and emotionally, include any stressors. Include output.

Write down your exercise even if it is just walking around the house.

Tracking

Rate each day from 1-10 on how you felt overall

RATE YOUR DAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Refer back to your Daily Notes to see how each day went, with 1= bad and 10 = great. Use this blank calendar page to compare each entry to discover any patterns.

PRINT THIS PAGE

Put it somewhere you will see it everyday, maybe your bathroom mirror.

NOTES

NOTES



*When we meet real tragedy in
life, we can react in two ways –*

*either by losing hope and falling
into self-destructive habits*

*or by using the challenge to find
our inner strength.*

Dalai Lama

**For more information
contact me:**

Evon@A-Path-To-Balance.com

www.A-Path-To-Balance.com

805-232-4134