

The De-Stress Effect Progress Chart – Energy, Mood & Appetite

Note the changes you have made and when in column 1, then how you felt after at relevant times in columns to the right. Do for several days to see how evening affects sleep and the next morning and effects over 3-4 day cycles:

	On waking	Mid-am	Lunch	Mid- pm	Early eve	Late eve	Sleep quality
Note any new foods eaten: 1. 2. 3. 4.							
Note any grains, beans, dairy or modern roots (potatoes, parsnips etc) eaten: 1. 2. 3.							
Note any sugars sources eaten or drunk and/or reductions (inc alcohol): 1. 2. 3.							
Note any weaning off caffeine progress: 1. 2.							
Note any healthy food or drinks used to help energy and relief from cravings: 1. 2. 3.							
Note any increase in non-caffeinated or non-alcoholic fluids: 1. 2. 3.							