

Daily nutrition and wellbeing log

Separate planned food from actual intake and track optional wellbeing measures.

01 / Understand the starting point

Use a consistent record date. The meal planner describes selected food; it should not automatically become a record of what you ate.

02 / Make the useful distinction

Choose only useful measures. Calories and macros, sleep, steps and body measurements are optional. Empty fields should remain empty rather than becoming invented zeros.

03 / Put it into practice

Use similar conditions for repeated body measurements. Water, digestion and recent training can move scale weight independently of a long-term body-composition trend.

04 / Review and adapt

Review several records together. Look for changes in strength, energy and routine alongside any body measures, and seek suitable support if tracking increases distress.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Monday: record actual food totals if known, 7 hours sleep and a completed walk. Leave weight blank if unmeasured. Tuesday: update that day's record; do not copy guessed intake.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date	Actual food / uncertainty	Sleep and movement	Optional measures	Energy / context

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.