



Diet Check Record Reactions to your Metabolic Type Diet Program

This is a record of how you feel just before and after eating and drinking. It allows us to gauge how effective your food has been in providing you with energy and mental and emotional stability. Please fill it in accurately and use the key below if it makes it easier to describe you feelings, just write the numbers in the to answer.

1 – Feel Full satisfied	10 – Some emotional upliftment	19 – feel hyper but exhausted underneath
2 – Don't have sweet cravings	11 – Improved mental clarity & sharpness	20 – feel sleepy, exhausted, drowsiness
3 – Don't need more food	12 – Normalisation of thought process	21 – Mentally slow or sluggish
4 – Don't feel hungry	13 – Feel physically full but still hungry	22 – Inability to think quickly or clearly
5 – Don't need a snack before my next meal	14 – Desire something sweet	23 – hyper, overly rapid thoughts
6 – Energy feels renewed	15 – not satisfied, feel something was missing	24 – inability to focus, concentrate
7 – Have good lasting energy	16 – already hungry	25 – apathy, depression, sadness, withdrawal
8 – Improved Well being	17 – feel the need for a snack	26 – Anxious, obsessive, fearful, angry, irritable
9 – Feeling renewed, refuelled restored	18 – Feel hyper, jittery, shaky, nervous	

Name :

Date:

Time, Food & Drink Intake	Feeling Before	Feeling 1hr After	Do you feel better, worse or the same?