

# IntakeQ

## Health Journal Sample

*This is an extra resource to go along with the original article:*

[Are your patients keeping health journals? Here's why they should be](#)

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The kind of health journal you ask your patient to keep will obviously depend on your specialty and the goals or treatment plan of the patient. But, with losing weight and leading healthier lives the most common personal goal of people (especially around the New Year), let's use that as the overall target as we take a look at a health journal example below.

### Health & Wellness Journal

Name:

Birthdate:

Today's Date:

#### SLEEP

How many hours of sleep did you get last night? Did you sleep soundly, or was it interrupted?

#### FOOD

Please detail your meals and snacks throughout the day using the space below. Don't forget to include beverages as well! Also remark how you felt before, during, and after each meal. Were you very hungry or just eating because it was mealtime? Afterwards, did you feel satisfied, too full, or still hungry?

- Breakfast:
- Lunch:
- Dinner:
- Snacks:

#### EXERCISE

Please include any physical activity you achieved during the day, including duration and intensity. Whether you ran outside, took a yoga class, or walked the dog around the neighborhood, be sure to detail it below. If you have a mobile fitness tracker (Apple Watch, FitBit, etc.), be sure to check and write down your heart rate during activity.

#### MOOD

Please take a moment to check in with yourself throughout the day. How are your stress levels, emotions, and feelings toward others? A lot of times, our mood can depend on outside catalysts, so be sure to mention if a particular event or interaction led to a shift in mood during the day, or if you are unsure why your mood declined or improved.

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- Morning:
- Midday:
- Evening:

## OTHER

Use the space below to include any other notable information from your day.

Once complete, either send this digital form back at the end of the day or keep it in a safe place to bring with you at your next appointment.