

Patient Name: \_\_\_\_\_

### Thyroid Health Tracking - Daily Log

Date	Upon Waking (while still in bed)		Pre Breakfast	w/in 30 Min after Breakfast		After Lunch	Early Afternoon (3pm)		Red Light (10 min, 2x)	Energy (10 is best)	Sleep (10 is best)	Cravings (10 is WORST)
	Temp	Pulse	Bld Sug	Temp	Pulse	Ketones	Temp	Pulse	Y or N	1-10	1-10	1-10

### Food Journal

Date	Meal	Day 1	Day 2	Day 3	Day 4	Day 5
	Breakfast					
	Lunch					
	Dinner					
	A.M. Snack (note the time)					
	P.M. Snack (note the time)					