



Ayurvedic Food Journal

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Breakfast	Time:	Date:
	Environment:	
	Sensations:	
	Emotions:	
	Cravings:	
Lunch	Time:	
	Environment:	
	Sensations:	
	Emotions:	
	Cravings:	
Dinner	Time:	
	Environment:	
	Sensations:	
	Emotions:	
	Cravings:	
Activities	Digestion:	
Elimination (Time, Quantity, Color, Softness)	Sleep (Bedtimes, Sleep times, Quality)	