



INVESTIGATIVE HEALTH

KRISTIN BRUST · CERTIFIED FUNCTIONAL NUTRITION COUNSELOR · BOARD CERTIFIED HOLISTIC HEALTH PRACTITIONER

FOOD, MOOD & POOP JOURNAL

Your body leaves clues every single day — in what you eat, how you feel, and what happens afterward. This journal helps us connect those dots. Track honestly for at least 5–7 days and bring it to your appointment. There are no "wrong" entries; the patterns are what we're after.

WHY TRACK ALL THREE?

- **Food** — what, when, and how much you eat, plus drinks and portions.
- **Mood & energy** — your body and brain respond to meals within minutes to hours.
- **Poop** — digestion is a daily report card on your gut. It tells us a lot.
- **Sleep** — poor sleep changes blood sugar, cravings, and digestion the very next day.
- **Supplements & medications** — dose and *timing* both matter, and some interact with food.
- Together they reveal triggers, timing, and connections a single symptom never could.

HOW TO USE IT

1. Fill it in throughout the day, not from memory at night.
2. Be specific: "2 eggs, sourdough toast, black coffee" beats "breakfast."
3. Note timing — when you eat and when symptoms appear.
4. Rate mood & energy 1–10 before and after meals.
5. Log every bowel movement using the Bristol scale below.
6. Record last night's sleep first thing, while you still remember it.
7. List every supplement and medication, including the time you took it.

THE BRISTOL STOOL SCALE — A QUICK REFERENCE

Use the matching number (1–7) in your daily log. It's the standard way to describe stool consistency.

TYPE 1	Separate hard lumps, like nuts, hard to pass. Often means constipation / slow transit.
TYPE 2	Sausage-shaped but lumpy. Mild constipation.
TYPE 3	Sausage-shaped with cracks on the surface. Normal.
TYPE 4	Smooth and soft, like a sausage or snake. Ideal.
TYPE 5	Soft blobs with clear-cut edges, passed easily. Trending loose / may lack fiber.
TYPE 6	Mushy pieces with ragged edges. Mild diarrhea.
TYPE 7	Watery, no solid pieces, entirely liquid. Diarrhea.

DAILY LOG

DATE

DAY OF WEEK

WATER (OZ)

AM ENERGY 1–10

HOW YOU FELT ON WAKING

LAST NIGHT'S SLEEP

BEDTIME

WAKE TIME

TOTAL HRS

QUALITY 1–10

TIMES WOKE

NOTES — NIGHT WAKING, DREAMS, LATE SCREENS OR FOOD

Note this before you get out of bed — sleep strongly predicts the next day's cravings and digestion.

MEAL / TIME	FOOD & DRINKS (BE SPECIFIC — INCLUDE PORTIONS)	MOOD/ENERGY BEFORE → AFTER	SYMPTOMS & HOW LONG AFTER EATING
Breakfast ____:____			
Snack ____:____			
Lunch ____:____			
Snack ____:____			
Dinner ____:____			
Evening ____:____			

BOWEL MOVEMENTS

Log each one. Bristol type = 1–7 from the chart on page 1.

TIME	BRISTOL TYPE (1–7)	NOTES (URGENCY, COLOR, MUCUS, PAIN, FELT FULLY EMPTIED?)

SUPPLEMENTS & MEDICATIONS

Everything you took today — prescriptions, over-the-counter, vitamins, herbs, powders. Timing and whether you took it with food both matter.

SUPPLEMENT / MEDICATION	DOSE	TIME TAKEN	WITH FOOD?	NOTES (MISSED DOSE, NEW, ANY REACTION)

MOVEMENT & STRESS

Exercise, walks, stress level (1–10), big emotions.

WINS & NOTES FOR KRISTIN

Anything you noticed, cravings, questions.