

# New Way Wellness

GLP-1 Food, Symptom & Wellness Journal

Track meals, protein intake, hydration, hunger/fullness, and how foods make you feel while using GLP-1 medications.

# Day 1

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 2

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 3

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 4

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 5

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 6

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 7

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 8

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 9

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

# Day 10

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

# Day 11

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 12

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 13

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

# Day 14

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 15

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

# Day 16

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 17

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 18

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 19

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 20

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 21

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 22

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 23

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 24

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 25

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 26

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 27

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 28

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 29

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None

## Day 30

Meal	Foods / Drinks	Protein?	Portion	Hunger Before (1-10)	Fullness After (1-10)
Breakfast					
Lunch					
Dinner					
Snack					

Water Intake (glasses)							
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How did food make you feel today?

GLP-1 Symptoms Check						
Nausea	Bloating	Reflux	Fatigue	Constipation	Diarrhea	None