



PERSONAL LOG

NAME: _____ SESSION #: _____ SESSION DATE: _____

My general feeling before this session:

During the session, I felt:

Immediately following this session, I felt:

Changes in my body I have noticed since this session:

Major life issues/relationship changes/attitude changes since this session:

Since my last session, I have been feeling mostly:

- Enthusiastic/Happy
- Moody/Depressed/Negative
- Varied States
- Relatively Unemotional

Have your sleep habits:

- Increased Decreased
- Stayed the same
- Other:

Has your appetite:

- Increased Decreased
- Stayed the same
- Other:

Are you craving new or different foods?

- Yes No

If so, what?