

DIET & PULSE RECORD

How To Use the Diet & Pulse Record

1. Upon waking, take your pulse for one full minute while still lying down. Then, sit up and take your pulse for another minute. Record both numbers on the *Diet & Pulse Record* form.
2. Before a meal, take your pulse for a full minute while seated and record the number. When you first start eating, set an alarm (e.g. on your phone) for 30, 60, and 90 minutes after your first bite. Record all food, beverages, and supplements or medications taken in the *Food, Drinks & Supps Consumed* column.
3. At each alarm, retake your pulse while seated for a full minute, recording the number each time. If you have been active when it's time to retake your pulse, sit down, take a deep breath, and relax for about one minute first *before* taking your pulse to make sure your body is in a relaxed state.
4. In the *Cravings & Reactions* column, include any cravings you experience (e.g. salt, sweets, chocolate, etc.), bowel movements, digestive changes, urinary frequency, headaches, congestion, etc.).
5. Repeat Step 2 at lunch and at dinner.
6. Before you go to sleep, take your pulse while sitting up in bed one last time.
7. Bring (or send) your *Diet & Pulse Record* to your next consultation with your Nutritional Therapy Practitioner or Nutritional Therapy Consultant.

DIET & PULSE RECORD

Name:

Date:

TIME	PULSE	FOOD, DRINKS & SUPPS CONSUMED	GRAVINGS & REACTIONS	ENERGY & MOOD
WAKING	Lying down: Sitting up:			
BREAKFAST	Before Meal: After 30 min: After 60 min: After 90 min:			
LUNCH	Before Meal: After 30 min: After 60 min: After 90 min:			
DINNER	Before Meal: After 30 min: After 60 min: After 90 min:			
BEDTIME	Sitting up:			