14-DAY TRACKER

Energy and Cravings Tracker

Three dots a day trace your energy from morning to evening. Cravings and hunger go underneath. There is no weighing here unless you choose it, and never more than once a week.



SHEET 12

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
ENERGY, 0 FLAT TO 10 FULL OF ENERGY														
Energy ● mid-morning ○ mid-afternoon □ evening 10 8 6 4 2 0														
HUNGER AND CRAVINGS														
Hunger before main meal 0 to 10														
Craving time it hit														
Ate when not hungry	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Packaged snacks, drinks how many														
CONTEXT														
Sleep last night hours														
Stress 0 to 10														
Movement minutes														
STEPS I PRACTISED														
Protein and fibre at breakfast	○	○	○	○	○	○	○	○	○	○	○	○	○	○
One food swap	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Paused before a snack	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Wind-down routine	○	○	○	○	○	○	○	○	○	○	○	○	○	○

The afternoon dip

It usually hits at _____ and lasts _____

Lunch on the worst dip days

_____

Lunch on the days with no dip

_____

After 14 days

Average energy: morning _____ afternoon _____ evening _____

Cravings came most often after

_____

Weight, optional, weekly at most: week 1 _____ week 2 _____

! **Losing weight without trying, or tiredness that has lasted for weeks?** See your doctor: thyroid problems, diabetes, anaemia and sleep apnoea are all checkable. An afternoon dip on its own cannot show a blood-sugar problem. If food or weight is a source of distress, skip the weight line and ask for support.