BBH | 7-Day Brain Nutrition & Food Tracker

A practical reflection worksheet for noticing meal variety, energy and concentration. It cannot diagnose nutrient deficiencies.

How to use

For seven days, record a few foods you ate, whether your meals were varied, and any symptoms you want to discuss with a qualified healthcare professional. Do not change medication or start supplements based on this tracker.

Day	Food variety / meal notes	Energy (1–5)	Focus (1–5)
Mon	_____	_____	_____
Tue	_____	_____	_____
Wed	_____	_____	_____
Thu	_____	_____	_____
Fri	_____	_____	_____
Sat	_____	_____	_____
Sun	_____	_____	_____

Weekly reflection

Which meals or foods felt easiest to prepare?

_____

Did sleep, stress, or daily routine change alongside your energy?

_____

Which questions would you like to discuss with a healthcare professional?

_____

Safety: Brain fog, fatigue, numbness and weakness can have many causes. Seek medical advice for persistent symptoms; sudden confusion, one-sided weakness or speech changes need emergency care.

Bio and Brain Health Info (BBH) | Educational resource | Shubhangi Halande