

Using your *Body Back* Food, Mood & Exercise Chart

This Body Back chart is simply designed to enable you to understand how your body's routine can achieve optimum health. By recording a few basics each day, patterns good and bad will emerge. How your body reacts to all your circumstances, not just diet, is quite amazing. To get fitter, healthier and lose any excess weight, it is essential to understand and read your body effectively. This FME chart helps you monitor your results, identify issues and in turn, correct them.

The chart is on one page for convenience and simplicity, (anything more complicated takes too long to fill in). It is designed for jotting notes down as you run past. Print it off and put it in an obvious place for example in the kitchen or handbag, so you can add notes throughout the day. Or download and save to your computer/iPad, whichever medium is most convenient for you to regularly update. Keep your charts and look at them over a period of time; weekly, monthly. You are going to be your own detective.

You will start to recognise patterns for example, which foods affect your stool? Did you have dinner late and then a bad night sleep? Are you happier on sunny days? As you gradually improve your nutrition, increase exercise and eat earlier etc. What positive changes emerge? Did you sleep better? When did you stop getting short of breath?

Use *Body Back* to your advantage, it is full of advice and tips on every page to help you succeed.

User guide to the *Body Back* FME chart

These notes explain how to get the best out of your chart. Make further notes on the back of the chart if you do run out of space,

however the best way is to abbreviate words to fit in the boxes. I have code examples below. This also can keep information private, some reporting is rather personal. When recording your food and drink details, add the time of meal, snack and drink.

Category explanations and code examples

Mealtimes, drinks & snacks

- Note what time you eat
- Breakfast: *7am 2e (2 eggs), 1wmt (1 slice wholemeal toast), 1dc (1 decaf coffee), 1cj (1 cranberry juice)*

Add breakfast drinks to the breakfast box. Lunch and dinner follow that pattern too. The drinks box is for drinks throughout the day outside mealtimes, you can then see how often you do actually stop to rehydrate yourself without food. Don't cheat and leave off any treats, everything must be noted for the chart to work.

- Snacks are just as important to note as the meals. *1cb (1 chocolate biscuit) 1bn (1 banana)*
- Drinks: *dc (diet coke), gt1 (1 green tea)*. Instead of filling your box with repeated produce, add a digit – use roman numerals to keep track of quantity. *W1 (1 glass water), WII (2nd glass)* **Did you manage 8 glasses of water today?**

- Supplements: *vb1 (vitamin B tablet) ep1 (1 evening primrose supplement)*

Exercise

Think of everything you do that requires physical energy. I have divided exercise into two categories; **cardio domestic** and **cardio activity**. Think of domestic exercise as walking to the shops, going up and down the stairs, squatting to pick clothes up off the floor and so on. The exercise may not be the primary intent, but is a beneficial consequence so it still counts. You will be surprised how much domestic exercise you clock up during the day.

Cardio activities are the planned exercise activities that you take time out to do. The primary intent is to exercise. *Sw30 (30 min swim), Sp60 (60 min spinning class)*. Think about which part of the body you have worked.

There are exercise suggestions for each part of the body in *Body Back* and advice on how you can use your home to do cardio activity as well as make the most of every domestic opportunity. Make a note if you get out of breath in **other health observations**

System observations

Once you start to observe the following you will be surprised how many different variations your body is capable of producing in one week.

- Stool frequency colour; *dk cst (dark constipated), lg ls (light loose) x3 (three times today)* note if painful and if you can't go at all.
- Urine frequency colour; *cl (clear) pl (pale yellow), dk (dark golden) stgs (stings as passing) x6 (six times today)*. You will see that the more water you drink the clearer your urine becomes in a day. Green tea may give you a green tint!

Menstruation

P1 (day one of period, just started bleed), E (end of bleed)

Write if you have any aches, if the flow is H (heavy), L (light) R (red), B (brown), dark brown = old blood. Note any other side affects of menstruating: an aching breast, belly or head? For the rest of the month if you experience any discharge, code it by colour, appearance and flow.

Other health observations

Jot down any ailments you are suffering from, a common cold, cystitis, thrush, headaches, dandruff, describe any sickness you have. If you are taking anti-biotics or medicines by mouth add these to the **supplements/vitamins box**. If it is topical application like a cream, add here.

External observations

Weather

Weather has a profound effect on our mood. A clear blue sky can lift our spirits. Constant grey cloud can make us feel quite gloomy. You can just do little symbols here, sun circle, cloud shape, dots for rain. Simple. Add AM or PM to the symbol if the weather changes.

Relationships

Any contact with those around you is a form of relationship, this is not just a partner or parent, it can be child, friend, neighbour. A disappointing comment from a teacher, an impolite response from a shopkeeper - these can have negative effects on our mood. Food can be delicious in a restaurant, but if the waiting staff are unfriendly that can change the flavour of the outing. Likewise praise and smiles cheer us up. **How are your relationships working today?**

Other circumstances

Running late? Stressed? Anything else that has happened today that doesn't fit another box!

Emotional observations

What has your main emotion been today? Have you been in a good or bad mood? *H(happy), S(sad)* try to be more specific; angry, tearful, shocked, excited, frustrated, sluggish, anxious, pensive, lonely, depressed, reflective, energized, hungry, disappointed, focused and many more.... Check a thesaurus for more expressions to really pinpoint that exact word that describes how you feel. The word 'fine' is not allowed!

Think of domestic exercise as walking to the shops, going up and down the stairs, squatting to pick clothes up off the floor and so on. The exercise may not be the primary intent, but is a beneficial consequence so it still counts.