

EATING CULTURED A PROJECT BY HYANTIS

DAILY LOGBOOK

LEGEND

FERM	Tick if you ate ≥ 1 fermented item (e.g., kefir, kraut, kombucha)
HMEAL	Tick if any main meal was prepared at home
NPROC	Tick if you avoided all ultra-processed foods
MNDFL	Tick if you ate without screens or distractions, chewing slowly
FAST	Tick if you fasted ≥ 12 consecutive hours
EXRC	Tick if you exercised (any movement or workout)
SLPQ	Tick if you slept well last night (felt rested on waking)

GUIDELINES

- Complete the boolean checks by end of day.
- Fill in the consumption log immediately after each meal or in a single end-of-day entry; separate items with commas.
- For SLPQ, record first thing in the morning about last night's sleep.
- Be as precise as you'd like in the consumption log, for example include portion notes or times if helpful for later reflection.

NAME: _____

MONTH: _____

DAY	FERM	HMEAL	NPROC	MNDFL	FAST	EXRC	SLPQ	Additional Notes
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
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24								
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26								
27								
28								
29								
30								
31								

NAME: _____

MONTH: _____

DAY	CONSUMPTION LOG
1	
2	
3	
4	
5	
6	
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8	
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10	
11	
12	
13	
14	
15	

NAME: _____

MONTH: _____

DAY	CONSUMPTION LOG
16	
17	
18	
19	
20	
21	
22	
23	
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26	
27	
28	
29	
30	
31	