

The Metabolic Insight & Energy Tracker

Client Name: __ Date: _____

Section 1: Identifying the "Rollercoaster"

This tool is designed to help you "reveal" the connection between what you eat and how your biology responds. Remember: **Cravings and energy crashes are not a lack of willpower; they are biological SOS signals.**

Current Goals: * Identify "Blood Sugar Rollercoaster" triggers. * Connect 3:00 PM brain fog/hunger to earlier meals. * Shift from "shame" to "curiosity."

Section 2: Daily Metabolic Observation

Use this table for 3–5 days to map your body's unique response to fuel.

Time / Meal	What did I eat? (Include snacks)	Energy Level (1- 10)	Brain Fog or "Hangry"? (Y/N)	Cravings? (Sweet/Salty)
Breakfast				
Mid- Morning				
Lunch				
3:00 PM Check				
Dinner				
Evening				

Section 3: The "Reveal" Reflection

At the end of the day, look back at your entries and answer these questions to connect the dots.

1. The "SOS" Moment: Did you experience a sudden urge for crackers, sweets, or caffeine today? ☐ Yes ☐ No *If yes, look back 2–3 hours. Was your previous meal lacking protein or healthy fats?*

2. The 3:00 PM Fog: How was your focus mid-afternoon? ☐ Sharp and clear ☐ A bit hazy ☐
Total brain fog *Observation:* _____

3. Biology vs. Willpower: When you felt a craving or "snapped" at someone, can you see the physiological trigger (the "crash" after a "spike")?

4. The "Exhale" Observation: Which symptom did you previously blame on "lack of discipline" that you now realize might just be your blood sugar?

Next Steps (Collaborative Plan):

Based on today's data, what is one small "tweak" we can test tomorrow? (e.g., adding an egg to breakfast, adding avocado to lunch, or swapping a refined carb for a complex one).

Our Experiment: _____

AccrediPro Standards Institute Certified Tool Clinical Coaching Competency Framework - Level 1 Application
