



Four Flowers Wellness

Ashley Flores LAc

(312)404-5882

floreslac@gmail.com

www.fourflowerswellness.com

2225 W North Ave, Chicago IL 60647

Food, Rest, and Movement Log

	Monday	Tuesday	Wednesday	Thursday
Breakfast				
AM Snack				
Lunch				
PM Snack				
Dinner				
Wake Time				
Bed Time				
Naps				
Movement				
Observations				

acupuncture



shiatsu



herbal medicine

	Friday	Saturday	Sunday
Breakfast			
AM Snack			
Lunch			
PM Snack			
Dinner			
Wake Time			
Bed Time			
Naps			
Movement			
Observations			

Food & Drink: Include all consumed food and drink according to meal. If relevant, include general quantities (1 cookie vs. 4 cookies). You may want to include any supplements that are not taken daily.

Movement: Record formal exercise as well as informal movement, such as walking, work-related movement, or stretching. Also, consider hours spent sitting or driving.

Observations: All relevant symptoms should be included. Also record energy level and mood.

acupuncture



shiatsu



herbal medicine