

Eat Well, Live Well.



CAMBROOKE™

# HCU Wellness Journal Monthly Refill

**HEALTHY  
YOU**

**HEALTHY  
HCU**

Mental, Physical and Emotional  
Health on a Low Protein Diet

Your  
Mindfulness  
Journey

# Today

date: \_\_\_\_\_

Fill in this page daily so you can track your progress.

**1 = Good, 3 = Medium, 5 = Bad**

My positivity level is:

1	2	3	4	5
---	---	---	---	---

My concentration is:

1	2	3	4	5
---	---	---	---	---

My mood is:

1	2	3	4	5
---	---	---	---	---

My frustration is:

1	2	3	4	5
---	---	---	---	---

My relationship with family and friends is:

1	2	3	4	5
---	---	---	---	---

My current Met level is \_\_\_\_\_

My next blood Met level date \_\_\_\_\_

My next clinic appointment is on \_\_\_\_\_

My formula and/or low protein food delivery will arrive on \_\_\_\_\_

Monthly HCU goal \_\_\_\_\_

Monthly Non-HCU goal \_\_\_\_\_

# Monthly Summary

date: \_\_\_\_\_

Fill in the following pages on a monthly basis to track your progress.

**1 = Good, 3 = Medium, 5 = Bad**

My positivity level is:

1	2	3	4	5
---	---	---	---	---

My concentration is:

1	2	3	4	5
---	---	---	---	---

My mood is:

1	2	3	4	5
---	---	---	---	---

My frustration is:

1	2	3	4	5
---	---	---	---	---

My relationship with family and friends is:

1	2	3	4	5
---	---	---	---	---

My current Met level is \_\_\_\_\_

My next blood Met level date \_\_\_\_\_

My next clinic appointment is on \_\_\_\_\_

My formula and/or low protein food delivery will arrive on \_\_\_\_\_

Did you meet your monthly HCU goal \_\_\_\_\_

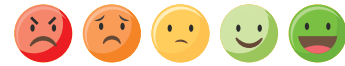
HCU goal \_\_\_\_\_

Monthly Non-HCU goal \_\_\_\_\_

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount		amount				
BREAKFAST		LUNCH					
DINNER	amount	SNACKS	amount				
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

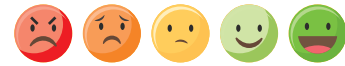
Steps/Exercise/Hydration:

TODAY'S GOALS		TODAY I'M GRATEFUL FOR	
---------------	--	------------------------	--

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST		amount	LUNCH		amount
DINNER		amount	SNACKS		amount
FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

---

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST		amount	LUNCH		amount

DINNER		amount	SNACKS		amount

FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time
---------	------	---------	------	---------	------	---------	------



Met or protein target:



Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

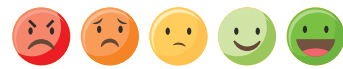
## MORNING



## AFTERNOON



## EVENING



### Meals

	amount		amount
BREAKFAST		LUNCH	
DINNER	amount	SNACKS	amount
FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

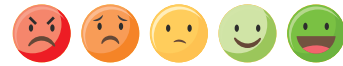
# Daily Journal

date: \_\_\_\_\_

MORNING

AFTERNOON

EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
LUNCH	

	amount
SNACKS	

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

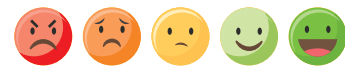
TODAY I'M GRATEFUL FOR



# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount		amount
BREAKFAST		LUNCH	

	amount		amount
DINNER		SNACKS	

FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time
---------	------	---------	------	---------	------	---------	------

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS		TODAY I'M GRATEFUL FOR	
---------------	--	------------------------	--

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST	amount

LUNCH	amount

DINNER	amount

SNACKS	amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time



Met or protein target:



Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR











# Weekly Review

date: \_\_\_\_\_

How have you  
felt this week?  
What have you  
achieved this week?

## Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week	 _____	 _____	 _____	 _____	 _____
this week	 _____	 _____	 _____	 _____	 _____

## Averages

FORMULA		MET/PROTEIN		STEPS	
---------	--	-------------	--	-------	--

How do your averages compare to last week?

## Looking Forward

My goals for  
next week

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST	amount

LUNCH	amount

DINNER	amount

SNACKS	amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

## MORNING



## AFTERNOON



## EVENING



### Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
SNACKS	

	amount
FORMULA	

Met or protein target:

\_\_\_\_\_

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

## MORNING AFTERNOON EVENING



### Meals

BREAKFAST	amount

LUNCH	amount

DINNER	amount

SNACKS	amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount		amount
BREAKFAST		LUNCH	
DINNER	amount	SNACKS	amount
FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

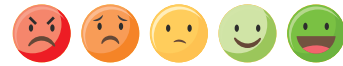
# Daily Journal

date: \_\_\_\_\_

MORNING

AFTERNOON

EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
LUNCH	

	amount
SNACKS	

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR



# Daily Journal

date: \_\_\_\_\_

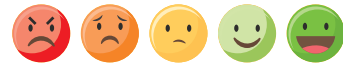
## MORNING



## AFTERNOON



## EVENING



### Meals

BREAKFAST		amount	LUNCH		amount
DINNER		amount	SNACKS		amount
FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

---

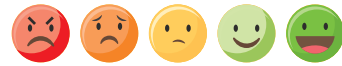
Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
SNACKS	

FORMULA time

FORMULA time

FORMULA time

FORMULA time

TODAY'S GOALS

TODAY I'M GRATEFUL FOR











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## Averages

FORMULA		MET/PROTEIN		STEPS	
---------	--	-------------	--	-------	--

How do your averages compare to last week?

## Looking Forward

My goals for next week

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
LUNCH	

	amount
SNACKS	

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

## MORNING



## AFTERNOON



## EVENING



### Meals

BREAKFAST		amount	LUNCH		amount		
DINNER		amount	SNACKS		amount		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS		TODAY I'M GRATEFUL FOR	
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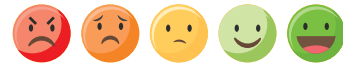
# Daily Journal

date: \_\_\_\_\_

MORNING

AFTERNOON

EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	time
FORMULA	

	time
FORMULA	

	time
FORMULA	

	time
FORMULA	

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount		amount
BREAKFAST		LUNCH	
DINNER	amount	SNACKS	amount
FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST	amount

LUNCH	amount

DINNER	amount

SNACKS	amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time



Met or protein target:



Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR



# Daily Journal

date: \_\_\_\_\_

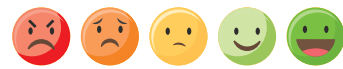
## MORNING



## AFTERNOON



## EVENING



### Meals

	amount		amount
BREAKFAST		LUNCH	
DINNER	amount	SNACKS	amount
FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

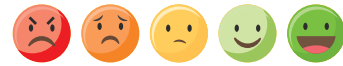
# Daily Journal

date: \_\_\_\_\_

MORNING

AFTERNOON

EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
SNACKS	

FORMULA	time

Met or protein target:

\_\_\_\_\_

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR











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previous week	 _____	 _____	 _____	 _____	 _____
this week	 _____	 _____	 _____	 _____	 _____

## Averages

FORMULA		MET/PROTEIN		STEPS	
---------	--	-------------	--	-------	--

How do your averages compare to last week?

## Looking Forward

My goals for  
next week

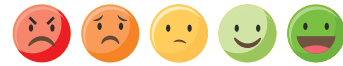
# Daily Journal

date: \_\_\_\_\_

MORNING

AFTERNOON

EVENING



## Meals

	amount
BREAKFAST	

	amount
DINNER	

	time
FORMULA	

	time
FORMULA	

	time
FORMULA	

	time
FORMULA	

Met or protein target:

Steps/Exercise/Hydration:

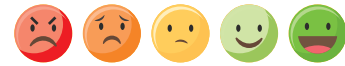
TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST		amount	LUNCH		amount
DINNER		amount	SNACKS		amount
FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST	amount

LUNCH	amount

DINNER	amount

SNACKS	amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time



Met or protein target:



Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST		amount	LUNCH		amount
DINNER		amount	SNACKS		amount
FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

---

Steps/Exercise/Hydration:

TODAY'S GOALS		TODAY I'M GRATEFUL FOR	
---------------	--	------------------------	--

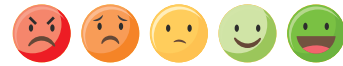
# Daily Journal

date: \_\_\_\_\_

MORNING

AFTERNOON

EVENING



## Meals

BREAKFAST		amount

LUNCH		amount

DINNER		amount

SNACKS		amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Met or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

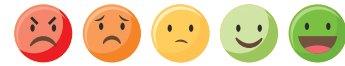
TODAY I'M GRATEFUL FOR



# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

	amount		amount				
BREAKFAST		LUNCH					
DINNER	amount	SNACKS	amount				
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Met or protein target:

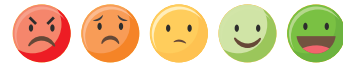
Steps/Exercise/Hydration:

TODAY'S GOALS		TODAY I'M GRATEFUL FOR	
---------------	--	------------------------	--

# Daily Journal

date: \_\_\_\_\_

MORNING AFTERNOON EVENING



## Meals

BREAKFAST		amount	LUNCH		amount		
DINNER		amount	SNACKS		amount		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

or protein target:

\_\_\_\_\_

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR











# Weekly Review

date: \_\_\_\_\_

How have you felt this week?  
What have you achieved this week?

## Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week	 _____	 _____	 _____	 _____	 _____
this week	 _____	 _____	 _____	 _____	 _____

## Averages

FORMULA		MET/PROTEIN		STEPS	
---------	--	-------------	--	-------	--

How do your averages compare to last week?

## Looking Forward

My goals for next week

Follow us



You've got this!

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Eat Well, Live Well.



CAMBROOKE™

Ajinomoto Cambrooke

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