

How to use this journal

The purpose of this journal is to help you see if there is a pattern between what you eat and the pain you feel because of Crohn's Disease.

You'll notice there is only seven pages for recording what you eat and the pain you feel. You can make as many copies as you want of the diet page for whatever length of time you want to record. Want to check out a day? Print one page. A week? Seven pages. You get the idea.

In the upper left hand corner, is a place to record the date.

I recommend you print out thirty pages and record what you eat for a month. That gives you some time to really track some patterns.

If you feel any pain, you can rate it and what time of the day you felt it. You can check what you've eaten leading up to the pain and hopefully discover what foods contributed to the pain. But keep in mind that it may not be the food that caused the pain. That's why you have to track over time.

It can be a hassle to record what you have eaten, but the payoff might be more than worth it. When you eliminate some food because it just about always causes pain, you are improving your lifestyle. Less pain is good. How's that for an obvious statement.

You also have a page to record things you want to go over with your Crohn's doctor. Don't trust your memory. It can be weeks before you see the doctor again, so it's good to record what you want to talk with them about next.

Finally, I have included a lot of quotes. If you find one good idea you can act upon, your life will be better.

I wish you all the best.

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Date: _____

My Diet Journal

Complements of www.crohns-disease-and-stress.com

Don't forget to rate the pain if you have any.
1 means no pain and 10 means I'm ready to go to Emergency.

Meal	What I Ate	Any Pain I Felt (Rate the pain: scale 1-10)	Time Of Pain
<u>Breakfast</u>		1 2 3 4 5 6 7 8 9 10	AM / PM
<u>Lunch</u>		1 2 3 4 5 6 7 8 9 10	AM / PM
<u>Dinner</u>		1 2 3 4 5 6 7 8 9 10	AM / PM
<u>Snacks:</u> Include the time of the snack.		1 2 3 4 5 6 7 8 9 10	AM / PM

Thoughts about my diet:

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**Ideas I want to talk to my doctor or GI about.
(Don't trust your memory.)**

My Medications (and any reactions):

My particular stressors:

What I can do about my stressors. What other people are doing about those kinds of issues? (Go to a [message board](#) on the internet and ask. You'll get some great responses.)

Quotes to help me cope and thrive:

A careful physician . . . , before he attempts to administer a remedy to his patient, must investigate not only the malady of the man he wishes to cure, but also his habits when in health, and his physical constitution.

Marcus Tullius Cicero

A cheerful face is nearly as good for an invalid as healthy weather.

Benjamin Franklin

As I see it every day you do one of two things: build health or produce disease in yourself.

Adelle Davis

Health is not valued till sickness comes.

Dr. Thomas Fuller

A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.

Hippocrates

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

Spanish proverb

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

Mark Twain

Humor is a means of obtaining pleasure in spite of the distressing effects that interface with it.

Sigmund Freud

He who has a why to live for can bear almost any how.

Fredrich Nietzsche

Gladly accept the gifts of the present hour.

Horace

It is our attitude at the beginning of a difficult undertaking which more than anything else, will determine

its outcome.

William James

Don't let what you cannot do interfere with what you can do.

John Wooden

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

Helen Keller

You play the hand you're dealt. I think the game's worthwhile.

Christopher Reeve

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

William James

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.

William James

A strong positive mental attitude will create more miracles than any wonder drug.

Patricia Neal

Weakness of attitude becomes weakness of character.

Albert Einstein

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

Adopting the right attitude can convert a negative stress into a positive one.

Dr. Hans Selye

Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome

by the fact because you think you are.

Norman Vincent Peale

And in the end it's not the years in your life that count. It's the life in your years.

Abe Lincoln

Things are only impossible until they're not.

Jean-Luc Picard, 'Star Trek: The Next Generation'

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

Helen Keller

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

When I'm inspired, I get excited because I can't wait to see what I'll come up with next.

Dolly Parton

Create a definite plan for carrying out your desire and begin at once, whether you ready or not, to put this plan into action.

Napolean Hill

"Success is how high you bounce after you hit bottom."

George Patton

Kites rise highest against the wind; not with it.

Sir Winston Churchill

Be true to your work, your word, and your friend.

Henry David Thoreau

I have never had a policy. I have simply tried to do what seemed best each day, as each day came.

Abe Lincoln

Do what you can, with what you have, where you are.

Theodore Roosevelt

It is not the length of life, but the depth of life.

Ralph Waldo Emerson

Courage is the mastery of fear, not the absence of fear.

Mark Twain

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

Hope is a waking dream.

Aristotle

If I were asked to give what I consider the single most useful bit of advice for all humanity it would be this: Expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye and say, "I will be bigger than you. You cannot defeat me.

Ann Landers

Courage is the first of the human qualities because it is the quality which guarantees all the others.

Sir Winston Churchill

Let us be brave in the face of adversity.

Marcus Annaeus Seneca

All happiness depends on courage and work.

Honore de Balzac

It takes courage to lead a life. Any life.

Erica Jong

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

Happiness is the meaning and the purpose of life, the whole aim and end of human existence.

Aristotle

A joy that's shared is a joy made double.

English Proverb

The one law that does not change is that everything changes, and the hardship I was bearing today was only a breath away from the pleasures I would have tomorrow, and these pleasures would be all the richer because of the memories of this I was enduring.

Louis L'Amour

The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.

Benjamin Franklin

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.

Helen Keller

Happiness is not something you postpone for the future; it is something you design for the present.

Jim Rohn

There will be little rubs and disappointments everywhere, and we are all apt to expect too much; but then, if one scheme of happiness fails, human nature turns to another; if the first calculation is wrong, we make a second better: we find comfort somewhere.

Jane Austen

Some cause happiness wherever they go; others whenever they go.

Oscar Wilde

Happiness depends upon ourselves.

Aristotle

Happiness makes up in height what it lacks in length.

Robert Frost

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

Helen Keller

There is nothing in the world so much admired as a man who knows how to bear unhappiness with courage.

Seneca

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

Martha Washington

Many people think that if they were only in some other place, or had some other job, they would be happy. Well, that is doubtful. So get as much happiness out of what you are doing as you can and don't put off being happy until some future date.

Dale Carnegie

All who would win joy, must share it; happiness was born a twin.

Lord Byron

Happiness is a perfume which you cannot pour on someone without getting some on yourself.

Ralph Waldo Emerson

The greatest happiness of life is the conviction that we are loved -- loved for ourselves, or rather, loved in spite of ourselves.

Victor Hugo

Remember happiness doesn't depend upon who you are or what you have; it depends solely on what you think.

Dale Carnegie

There is only one way to happiness, and that is to cease worrying about things which are beyond the power of our will.

Epictertus

The really happy man is one who can enjoy the scenery on a detour.

Anon.