

# Using your FMMJ

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Tune into your body and become empowered to improve your health by studying the connections between your diet, your mood and your movements – including not only activity but also your body’s methods of elimination. If you are trying to optimize your health or get to the root cause of symptoms that bother you, this tool will help you get the perspective you need to make connections that can often elude us.

## **Step 1. Make your Food + Mood + Movements Journal**

To print, select “actual size” and if possible, print “borderless”

Ideally you will want to print on 2 sides, and “flip on long edge” if that option is available. This should allow you to cut the pages in half horizontally and create a booklet. If you don’t have a double-sided printer, you can always just staple the pages together or keep them in a folder to fill out as you go. [Download the FMMJ here.](#)

If you print the 4 page document, you will have separate entry pages to track 12 days. If you want to print more pages, simply print more of pages 3 & 4 of the pdf, double-sided. Each additional page will help you track 8 more days. The longer you maintain your FMMJ, the better you’ll be able to understand how your body is functioning.

## **Step 2. Use it.**

Whatever it takes – Carry it with you, set reminders to update it, add to it 1, 2 or 3 times each day... as often as you need to so it will be accurate. Prefer to go digital? Fine! You can create a spreadsheet that will work just as well, as long as you track everything that’s covered in the FMMJ, and then carry it over to a calendar or page where you can get the “birds-eye view” of your health & wellness over the time you have tracked. Use a number system, emojis, whatever speaks to you as you scan the page.

Sometimes our body reacts to input right away, and sometimes days later. This calendar view may draw your attention to cycles that otherwise escape notice.

## **Step 3. Take action & feel better**

Either on your own or with the help of a medical practitioner, use the information you’ve collected to start healing yourself! Whether you discover food that doesn’t agree, patterns in your emotions that are affected by your activity or by hormone cycles, or the meaning of life, if you don’t take advantage of what you’ve learned, then what’s the point in all of your hard work?

Knowledge is power. Now you can start writing your own health story!