



Tummybuddy Reflection Journal

Space to notice, not to judge.

1. Date and Time:

2. What did I eat today?

List of meals, snacks, or even cravings.

3. How did my body feel? Tick or describe sensations you noticed.

Comfortable

Bloating

Tired

Energised

Nausea

Discomfort or pain (describe):

4. Thoughts or mood that stood out today

Did anything trigger you emotionally? Did anything feel calm?

5. Was there a moment of clarity or confusion?

What did you learn about your body, if anything?

6. One small thing I might try tomorrow

This could be rest, water, a change, or just noticing.

7. Anything worth repeating?

A food, a walk, a way of listening?

This page is for your own discovery. You are not a project. You are already whole.