

## SEXAGENARIAN

## Midlife Energy & Food Trigger Diary

A gentle 7-day pattern-spotting journal for women who want to understand their energy, moods, cravings and body clues - without dieting, restriction or judgement.

**Use this diary to notice, not to punish.**

This is a compassionate tool for curiosity. You are not counting, fixing, shrinking or blaming your body. You are simply learning what helps you feel steady, nourished and more like yourself.

<b>Name</b>	
<b>Start date</b>	
<b>My intention for these 7 days</b>	

Movement • Mindset • Nourishment • Magic

# Welcome

A gentle way to understand your body

This diary is for the woman who knows something has shifted in midlife - energy, sleep, appetite, moods, digestion, cravings, confidence or the way food feels in her body - but does not want another diet, rulebook or lecture.

For the next 7 days, you will gently observe what you eat, how you feel, and what your body might be trying to tell you. The aim is not perfection. The aim is pattern-spotting.

### A gentle health note

This diary is for wellbeing reflection only and is not medical advice. If you have ongoing symptoms, unexplained weight changes, severe digestive issues, disordered eating history, diabetes, allergies, menopause symptoms that concern you, or any medical condition, please seek personalised guidance from a GP, registered dietitian or qualified health professional.

## WHAT THIS DIARY HELPS YOU NOTICE

Tick what you would most like to understand:

- When your energy rises or dips
- Possible links between food and mood
- Digestive comfort or discomfort
- What supports steady mornings
- Which meals feel satisfying
- Sleep, stress and hydration patterns
- Cravings without shame
- Small nourishing changes to try next

My personal reason for starting this diary:


# How to Use This Diary

Seven days of curiosity, not control

<b>1. Keep it simple</b>	Write enough to see patterns, but not so much that it becomes another chore.
<b>2. Track feelings, not calories</b>	Notice energy, mood, sleep, cravings, digestion and satisfaction. Leave numbers and judgement out of it.
<b>3. Look beyond food</b>	Energy is affected by sleep, stress, movement, hormones, hydration, alcohol, caffeine, connection and rest.
<b>4. Review with kindness</b>	At the end of the week, circle what helped and gently question what drained you.
<b>5. Choose one tiny tweak</b>	The goal is not a total life overhaul. Choose one nourishing experiment for the next week.

### The golden rule

Nothing you write down is evidence that you have failed. It is information. Your body is not a problem to solve; it is a wise messenger to listen to.

### SIMPLE ENERGY SCALE

1-2	3-4	5-6	7-8	9-10
Flat / depleted	Low / foggy	Okay / steady	Clear / energised	Bright / vibrant

## Before You Begin

Your gentle baseline

Use this page to capture how things feel before you start. You can return to it at the end of the week and notice what has changed.

<b>My energy lately feels...</b>	High / steady / up and down / low / unpredictable
<b>My sleep lately feels...</b>	Restful / broken / too short / anxious / changing
<b>My digestion lately feels...</b>	Comfortable / bloated / sluggish / sensitive / unpredictable
<b>My mood lately feels...</b>	Clear / irritable / flat / emotional / hopeful / scattered
<b>My cravings lately feel...</b>	Rare / manageable / strong / evening-led / stress-led
<b>My relationship with food feels...</b>	Peaceful / practical / confused / guilty / complicated
<b>My stress level this week feels...</b>	Low / moderate / high / very high
<b>One thing I would love to feel more of...</b>	

**Anything else I want to note before I begin:**


# My Body Clues

What does my body tend to whisper?

Before tracking food, notice the clues your body already gives you. These are not “bad” signs. They are signals worth listening to.

**Tick anything you commonly notice:**

- Afternoon energy crash
- Brain fog
- Anxiety or restlessness
- Bloating
- Headaches
- Hot flushes
- Sugar cravings
- Caffeine dependence
- Feeling satisfied
- Clear thinking
- Morning sluggishness
- Irritability
- Low mood
- Reflux or indigestion
- Joint aches
- Night waking
- Salt cravings
- Feeling wired but tired
- Feeling calm
- Steady energy

## POSSIBLE INFLUENCES

**What might be affecting your energy right now?**

- Sleep quality
- Protein at breakfast
- Hydration
- Movement
- Stress load
- Alcohol
- Skipping meals
- Menopause / hormones
- Meal timing
- Caffeine timing
- Emotional load
- Connection and rest

**My first hunches:**


# Day 1 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

## Morning check-in

What does my body need?	Today I choose to support myself by...

## Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

## Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

## Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	

## Day 2 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

### Morning check-in

What does my body need?	Today I choose to support myself by...

### Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

### Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

### Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	

## Day 3 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

### Morning check-in

What does my body need?	Today I choose to support myself by...

### Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

### Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

### Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	



## Day 4 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

### Morning check-in

What does my body need?	Today I choose to support myself by...

### Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

### Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

### Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	

## Day 5 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

### Morning check-in

What does my body need?	Today I choose to support myself by...

### Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

### Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

### Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	

## Day 6 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

### Morning check-in

What does my body need?	Today I choose to support myself by...

### Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

### Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

### Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	

## Day 7 Diary Page

Food, energy, mood and body clues

Date	Sleep /10	Wake energy /10	Main mood word

### Morning check-in

What does my body need?	Today I choose to support myself by...

### Food & feeling log

Moment	What I had	How I felt 1-2 hours later	Energy /10
Breakfast			
Lunch			
Dinner			
Snacks / drinks			

### Body clues I noticed today:

- |                                    |                                     |                                    |                                    |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Bloating  | <input type="checkbox"/> Brain fog  | <input type="checkbox"/> Cravings  | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Calm      | <input type="checkbox"/> Satisfied  | <input type="checkbox"/> Energised | <input type="checkbox"/> Headache  |
| <input type="checkbox"/> Hot flush | <input type="checkbox"/> Clear mind | <input type="checkbox"/> Sluggish  | <input type="checkbox"/> Other:    |

### Evening pattern notes

What supported my energy today?	
What drained or unsettled me?	
One kind thing for tomorrow:	

## 7-Day Pattern Review

Look for clues with kindness

You are not looking for a perfect week. You are looking for honest clues. Circle, tick, underline or jot down anything that stands out.

<b>My best energy days were...</b>	
<b>Common features of those days were...</b>	sleep / breakfast / movement / hydration / calm / connection / other
<b>My lowest energy moments were...</b>	
<b>Possible influences were...</b>	stress / skipped meals / alcohol / caffeine / poor sleep / emotional load / other
<b>Meals that left me satisfied and steady...</b>	
<b>Meals or moments that left me foggy, hungry or uncomfortable...</b>	
<b>Cravings seemed strongest when...</b>	
<b>My biggest surprise from this week...</b>	

### Remember

A “trigger” is not always a food. It might be stress, lack of sleep, rushing, eating too little earlier in the day, emotional load, alcohol, caffeine timing or simply needing more rest.

# My Food & Feeling Map

The patterns I want to explore

Use this page to gather your most useful clues. Try writing “possible” rather than “definite” unless you have clear evidence or professional guidance.

Food / drink / situation	What I noticed	Possible link?	What I could try instead

## The patterns I feel most curious about:


## My Nourish Clues

What supports the woman I am now?

Use this page to choose gentle experiments for the next 7 days. Keep them small enough that they feel kind, not punishing.

### Tiny nourishing experiments I could try:

- Add protein to breakfast
- Drink water before coffee
- Eat lunch before I get ravenous
- Notice caffeine after midday
- Add an afternoon pause
- Plan one steady snack
- Go to bed 20 minutes earlier
- Have a screen-free cup of tea
- Take a 10-minute walk
- Cook one simple nourishing meal
- Reduce rushing at meals
- Ask for support

<b>One thing I will add, not remove:</b>	
<b>One rhythm that might help my energy:</b>	
<b>One thing I am ready to stop tolerating:</b>	
<b>My tiny experiment for next week:</b>	

### No-diet reminder

You are allowed to nourish yourself without earning it. You are allowed to want steady energy without shrinking yourself. Food can be practical, pleasurable and supportive all at once.

## What Comes Next?

Your next gentle step

Now that you have started noticing your patterns, the next step is not restriction. It is support. Choose the pathway that feels most useful for where you are right now.

<p><b>No-Diet Nourish Map</b></p>	<p>A simple, supportive guide to creating meals and rhythms that help you feel steadier, clearer and more nourished - without counting, cutting out everything you enjoy or starting another plan you cannot sustain.</p>
<p><b>Whisper Wall Release Ritual Kit</b></p>	<p>A soulful release ritual for the emotions, stories and pressures you have been carrying. Perfect if your patterns feel tied to stress, grief, resentment, guilt or the feeling of holding everything together.</p>
<p><b>Midlife Morning Magic</b></p>	<p>A 7-day audio reset to help you start your mornings with calm, clarity and connection before the day begins asking things of you.</p>

**My next step feels like:**


**Thank you for listening to your body with kindness.**

You do not have to fight your way into the next chapter. You can nourish your way there.