

Eat Well. Live Well.



CAMBROOKE™

TYR Wellness Journal Monthly Refill

**HEALTHY
YOU**

**HEALTHY
TYR**

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 Tyr level is

My next blood Tyr level date

My next clinic appointment is on

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

Monthly TYR goal

Monthly Non-TYR 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 Tyr level is _____

My next blood Tyr level date _____

My next clinic appointment is on _____

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

Did you meet your monthly TYR goal _____

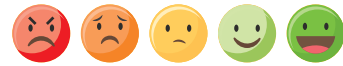
TYR goal _____

Non-TYR goal _____

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

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

Tyr or protein target:

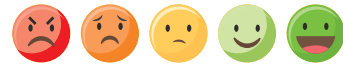
Steps/Exercise/Hydration:

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

Tyr 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

Tyr or protein target:

Steps/Exercise/Hydration:

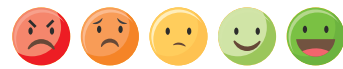
TODAY'S GOALS

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

Tyr or protein target:

Steps/Exercise/Hydration:

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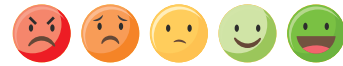
Daily Journal

date: _____

MORNING

AFTERNOON

EVENING



Meals

	amount
BREAKFAST	

	amount
DINNER	

	time
FORMULA	

	time
FORMULA	

	time
FORMULA	

	time
FORMULA	

Tyr or protein target:

Steps/Exercise/Hydration:

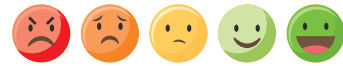
TODAY'S GOALS

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

Tyr 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

Tyr 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		TYR/PROTEIN		STEPS	
---------	--	-------------	--	-------	--

How do your averages compare to last week?

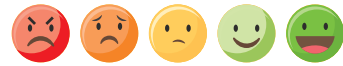
Looking Forward

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

Tyr 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
---------	------	---------	------	---------	------	---------	------

Tyr or protein target:

Steps/Exercise/Hydration:

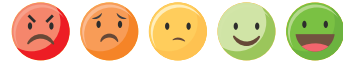
TODAY'S GOALS

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

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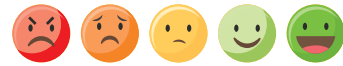
Steps/Exercise/Hydration:

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

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MORNING AFTERNOON EVENING



Meals

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

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TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

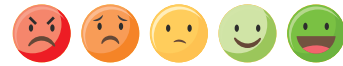
Daily Journal

date: _____

MORNING

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EVENING



Meals

BREAKFAST		amount

LUNCH		amount

DINNER		amount

SNACKS		amount

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

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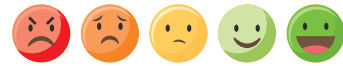
TODAY'S GOALS

TODAY I'M GRATEFUL FOR

Daily Journal

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MORNING AFTERNOON EVENING



Meals

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

Tyr or protein target:

Steps/Exercise/Hydration:

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

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MORNING AFTERNOON EVENING



Meals

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

Tyr or protein target:

Steps/Exercise/Hydration:

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

Tyr or protein target:

Steps/Exercise/Hydration:

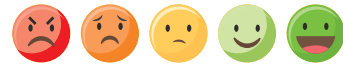
TODAY'S GOALS

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

Tyr or protein target:

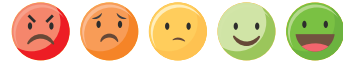
Steps/Exercise/Hydration:

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

Tyr or protein target:

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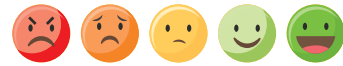
TODAY'S GOALS

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

Tyr 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

Tyr or protein target:

Steps/Exercise/Hydration:

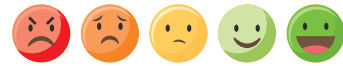
TODAY'S GOALS

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

Tyr 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
---------	------	---------	------	---------	------	---------	------

Tyr 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		TYR/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
---------	------	---------	------	---------	------	---------	------



Tyr or protein target:



Steps/Exercise/Hydration:

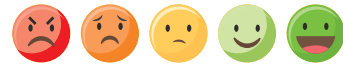
TODAY'S GOALS

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

Tyr or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS	
TODAY I'M GRATEFUL FOR	

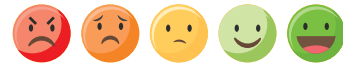
Daily Journal

date: _____

MORNING

AFTERNOON

EVENING



Meals

	amount
BREAKFAST	

	amount
DINNER	

	amount
LUNCH	

	amount
SNACKS	

FORMULA	time

FORMULA	time

FORMULA	time

FORMULA	time

Tyr or protein target:

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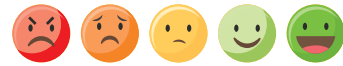
TODAY'S GOALS

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

Tyr 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

Tyr or protein target:

Steps/Exercise/Hydration:

TODAY'S GOALS

TODAY I'M GRATEFUL FOR

Daily Journal

date: _____

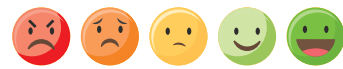
MORNING



AFTERNOON



EVENING



Meals

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

Tyr or protein target:

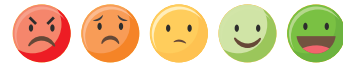
Steps/Exercise/Hydration:

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

Tyr 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		TYR/PROTEIN		STEPS	
---------	--	-------------	--	-------	--

How do your averages compare to last week?

Looking Forward

My goals for next week

Follow us



You've got this!

Eat Well, Live Well.



CAMBROOKE™

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