

Daily Log: How Food Affects My Mood

Date: _____

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Weight: _____



Circle # of 8 ounce glasses of water:

TIME (Be Specific)	PLACE	FOOD/BEVERAGE (What & How Much)	ACTIVITY THAT WAS HAPPENING WHILE I ATE/DRANK	MOOD & ENERGY (Before)	MOOD & ENERGY (15 Minutes After)

Directions: Every hour, until you see your patterns, track your food, drink, moods and energy. Note your mood before you eat or drink something, and again 15 minutes after you eat. How do you feel an hour later? Is your energy consistent every day? Do you wake up with energy, have it dip in the afternoon, then get a second wind before you crash at night? Get to know what to eat and drink so you have better moods and consistent energy.

What's your mood? Exhausted, angry, sad, frustrated, stressed, depressed, overwhelmed, anxious, lonely, jealous, bored, hopeful, confident, happy, thrilled, etc.

My Day in Review (Times/situations/moods likely to cause cravings, types of food craved, etc.)

Behaviors that require my attention: _____

How I did today: Fabulous Great OK I'll do better tomorrow.

