

My Food & Mood Journal

Date: _____

Mon Tues Wed Thurs Fri Sat Sun

of glasses of water: _____

Time	Place	Food/Beverage	How Much	Mood Before	Mood After

My Mood: fatigued, sad, anxious, depressed, frustrated, overwhelmed, lonely, bored, excited, confident, content, relaxed, ecstatic, etc.

My day in review (times/situations/ moods in which you felt cravings for certain foods/quantities of foods):

Behaviours I may look at more closely (compulsions, heightened emotions or rationalizations to eat when you're not hungry, etc.):

Overall, I feel like today was a fabulous/ okay/ bad/ terrible day for me (& why). Tomorrow I will make it better by:

**I will always expand on my thoughts/feelings on the backside of this sheet if it serves me to do so*