

# Daily Food & Mood Journal

online care group

Use this mood journal to better understand the connection between your emotions and what you eat. This can help you become more aware of your eating habits. Print a few copies to be able to journal for a few days.

Time	Food/drinks consumed (and portion sizes)	Your hunger level before eating (0=starving/10=stuffed)	Your fullness level after eating (0=starving/10=stuffed)	Where you ate (home, office, restaurant, car etc.)	Describe your mood before you ate (happy, anxious, sad etc.)

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. You should always consult your doctor or other qualified health provider if you have questions or concerns.