

Daily Food & Mood Journal

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.