



## THE FOOD & MOOD JOURNAL:

For 1 week, record a food and mood journal:

Write down everything you eat and drink, who you're eating with, and any other activities you might be doing while eating (like watching TV).

Then write down your moods before, during, and after eating.

→ How do all these factors affect your food choices?  
How do your food choices in turn affect your emotional state?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
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