



# Food Mood Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
Time of breakfast?							
What did you eat + drink?							
How did you feel before you ate?							
How did you feel after you ate?							
<b>Lunch</b>							
Time of lunch?							
What did you eat + drink?							
How did you feel before you ate?							
How did you feel after you ate?							
<b>Supper</b>							
Time of supper?							
What did you eat + drink?							
How did you feel before you ate?							
How did you feel after you ate?							



# Food Mood Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Snacks</b>							
Time of snack?							
What did you eat + drink?							
How did you feel before you ate?							
How did you feel after you ate?							
<b>Exercise + Movement</b>							
How have you exercised or moved your body? Eg. Walking, running etc.							
Duration							
How did the movement feel?							
<b>Mindfulness</b>							
How have you been mindful today? Eg. Being present when you eat? Sitting while you eat? Minimal to no distractions. Slowing down and chewing food etc.							
How did you feel?							
What are you grateful for today?							