

Food & Mood Journal

DATE: 9/2/22

S **M** T W T F S

MY MOOD TODAY: 😞 😞 😐 😊 😊

STRESS LEVEL: 1 2 **3** 4 5

HYDRATION: 

SLEEP: 6 hours, tired

	MEAL/FOODS & DRINKS	TIME / SOURCE	Hunger Level 1-5	EMOTIONS	PHYSICAL SYMPTOMS
BREAKFAST	Avocado toast multigrain bread coffee w/ milk from cafe	9am from cafe	4	feeling anxious, was in a rush ate quickly at my desk	a bit nauseous when I woke up, felt bloated after eating
LUNCH	arugula salad w/ salmon, feta, EVOO & vinegar diet coke	12:45pm home cooked @ work	5	stressed about work & finishing a project craving something sweet	tired and feeling sluggish, had diet coke for caffeine/ sweet still bloated
DINNER	veggie black bean burger w/ side salad	6:45pm home cooked	3	feeling calmer than earlier now that I am home	feeling less bloated, but still tired
SNACKS	chips and nuts	3:30 @ my desk	4	stress eating	

EXAMPLE

BOWEL MOVEMENTS:
2 x mild constipation

EXERCISE:
20 minute yoga flow this morning

NOTES/ REFLECTIONS:
today was stressful and I'm going to rest tonight so that I can feel better tomorrow. Proud of myself for having a healthy meals!

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HYDRATION: ○○○○○○○○

SLEEP:

	MEAL/FOODS & DRINKS	TIME/SOURCE	Hunger Level 1-5	MENTAL/EMOTIONAL	PHYSICAL SYMPTOMS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					

BOWEL MOVEMENTS:
EXERCISE:

NOTES/ REFLECTIONS:

what's NEXT



I'd love to support you on your continued wellness journey! Click the link below to learn more about Health Coaching, Meal Planning, or Pantry & Kitchen Edit services.

[Learn more](#)

Follow along on social media or visit my website to discover even more ways to nourish yourself!

Let's stay in touch:    