

# The Food & Mood Journal

Studies show that the simple practice of tracking what we eat can lead to much healthier food choices and better health outcomes.

The Food & Mood Journal is such a good way to start to connect with what you're eating and how that makes you feel.

It's just such a good way to connect with ourselves and our habits and patterns around food that we might not even realise we have.

We can learn how foods make us feel physically and emotionally and it can also be helpful to identify where we're encountering trouble, such as an after-lunch energy crash.

As you fill out your journal have a think about these questions below. You don't have to write them down but pay attention to them as you're keeping your journal:

Before I ate \_\_\_\_\_ (these foods) I felt \_\_\_\_\_

After I ate \_\_\_\_\_ (these foods) I felt \_\_\_\_\_

Some examples could be:

Before I ate that bowl of chips I felt hungry, tired, bored.

Before I ate that apple with nut butter I felt mindful, proud of myself for going for a healthy snack.

After I ate that croissant I felt bloated, gassy, lethargic.

After I ate that balanced whole-food meal I felt calm and satisfied.

Print out your Journal on the next page to get started. We recommend doing 5 days to begin with, then maybe doing 1 day a week going forward to continue to keep track of how you're feeling.

# 5-Day Food & Mood Journal

please include a minimum of 1 weekend day;  
include time of meal and physical activity

<b>Day/Date</b> <b>Time/Meal</b>					
Time of Breakfast: ____am					
Time of Lunch: ____pm					
Time of Dinner: ____pm					
Other (snacks): ____am/pm					
Liquids w/Amounts					
Digestion/Gut Health					
Mood/Emotions/Sleep/Energy					
Physical Activity					