

Food & Mood Journal

Physical Activity Log

Name: _____

Date: _____

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Day	Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Evening	
Monday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
	😊 😐 😞											

Daily Fluids coffess/teas Water alcohol

Day	Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Evening	
Tuesday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
	😊 😐 😞											

Daily Fluids coffess/teas Water alcohol

Day	Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Evening	
Wednesday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
	😊 😐 😞											

Daily Fluids coffess/teas Water alcohol

Food & Mood Journal (cont'd)

Day	Breakfast	Mid-morning	Lunch	Mid-Afternoon	Dinner	Evening						
Thursday												
1 hour after food 😊 😐 😞	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy

Daily Fluids coffess/teas Water alcohol

Day	Breakfast	Mid-morning	Lunch	Mid-Afternoon	Dinner	Evening						
Friday												
1 hour after food 😊 😐 😞	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy

Daily Fluids coffess/teas Water alcohol

Day	Breakfast	Mid-morning	Lunch	Mid-Afternoon	Dinner	Evening						
Saturday												
1 hour after food 😊 😐 😞	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy

Daily Fluids coffess/teas Water alcohol

Day	Breakfast	Mid-morning	Lunch	Mid-Afternoon	Dinner	Evening						
Sunday												
1 hour after food 😊 😐 😞	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy 	Mood 	Energy

Daily Fluids coffess/teas Water alcohol