



FOOD & MOOD JOURNAL

DAILY TRACKER FOR MORE MINDFUL EATING

TIGHTENUP.COM.AU



WELCOME TO YOUR FOOD & MOOD JOURNAL

We're excited you're here! What you're about to read is not your average journal... it's your **personal roadmap** to understanding the connection between what you eat and how you feel: mind, body, and mood!

We're all built differently — and understanding the unique needs of YOUR mind-body connection can help you discover your personal patterns, triggers, and habits.

By using this food & mood journal, you can:

- ✓ *Discover how different foods influence your mood, energy levels, digestive system, and overall well-being.*
- ✓ *Learn to make choices that nourish both your body and mind.*
- ✓ *Track the patterns that lead to cravings, bloating, moods, brain fog, and so much more!*

At Tighten Up, we help women and men heading into mid-life feel and look great, and now have the time to invest in their health.

We have a proven program that's helped 100's of midlife women and men, just like you reach their goals and enjoy the process. If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

Ready to dive in? Let's get going!



Committed to your success,
Jewelz Griffiths

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WHAT IS A FOOD & MOOD JOURNAL?

You're probably familiar with a food log, which is where you log everything you eat and drink during the day.

If you're trying to get a handle on your food habits or change your body composition (like lose weight or gain muscle)...

A food log can be an amazing tool for accountability and help you understand what you're actually eating during the day.

You can record your food in a notebook, using an app, or even a spreadsheet.

BUT...

A **food and mood journal** helps you track much more — not only what (and when) you eat... but also why you're eating, how specific foods make you feel, and even how your food intake affects your sleep and your workouts.

This can help you uncover patterns, like which foods make you feel bloated or tired, how your moods and sleep impact your food choices (and vice versa), and SO much more (as you'll see below!).





WHY KEEP

A FOOD & MOOD JOURNAL?

#1 IT HELPS YOU IDENTIFY HIDDEN HABITS AND PATTERNS.

You may be surprised by what you find after a few days of food & mood journaling.

Maybe...

- your afternoon snack habit is adding up to more empty calories than you thought
- certain foods make you feel tired or bloated an hour or two after you eat
- a bad night of sleep is leading to eating more the next day
- when you don't drink enough water during the day, you get cravings at night

Knowing this info about your body can help you upgrade your food choices and eating patterns to not only help you hit your fitness and health goals faster — but to have more energy (and just feel better!) during the day.

WHY KEEP A FOOD & MOOD JOURNAL?

#2 IT HELPS WITH WEIGHT CONTROL.

If you're trying to shift your body composition (like lose fat or gain muscle), a food and mood journal can give you clear evidence of what's working... and what's not.

- Studies have found that monitoring your diet is linked with weight loss.¹
- It can help you zero in on things that may lead you to eat junk food — like having a bad day, a sleepless night, or eating too little at your meals.

#3 IT HELPS YOU SEE IF YOU'RE GETTING ENOUGH OF THE RIGHT NUTRIENTS.

Are you eating a balanced diet with plenty of vegetables, fruits, lean proteins, whole grains, and healthy fats? Keeping a journal will help you see at a glance.

- Getting enough protein can help with workout recovery and maintaining muscle if you're losing weight.
- Meanwhile, eating a fibre-rich diet may help you feel full, avoid cravings, and keep your digestive system happier.





#4 IT HELPS YOU IDENTIFY FOOD SENSITIVITIES.

By tracking how you feel an hour or two after you eat, you can start to see a link between your food choice and how you feel.

- You may notice that certain foods make you feel bloated, gassy, tired, or cause other digestive problems.

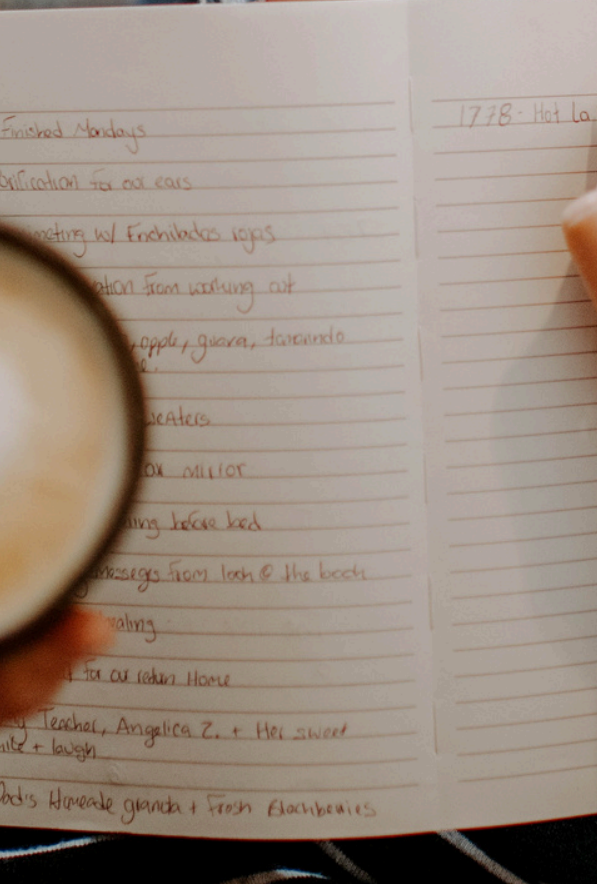
#5 IT HELPS YOU IDENTIFY EMOTIONAL TRIGGERS.

Our emotions have an impact on our behaviour. Welcome to being human!

- Tracking when and why you eat can help you uncover how your moods can affect your eating patterns — eating when stressed, happy, bored, lonely, or tired.

HOW TO KEEP

A FOOD & MOOD JOURNAL



On the next page you'll find an example food & mood journal that's already been filled out, but here are a few more tips to get the most out of your journal entries:

JOURNAL THROUGHOUT THE DAY

If you wait until night to fill out your mood & food journal, it loses a lot of its effectiveness.

Not only will you probably forget a few key details, you'll miss the immediate feedback.

TRACK EVERYTHING

This is especially important if you're using your journal to track how foods make you feel after you eat them (digestive, moods, energy, etc).

BE SPECIFIC

The more detailed you are, the more intel you'll have to track your patterns — including your moods. Track portions, the little “extras” like condiments, snacks, or that chocolate you snuck in at the front desk, and what time you work out.

This can help you see how your diet might be affecting your performance and/or mental health, and vice versa.

FOOD & MOOD

JOURNAL EXAMPLE

DATE

Thursday, Aug. 13

Meal 1	TIME 6:45am	WHAT I ATE Avocado toast, bowl of berries	HOW I FELT... BEFORE Hungry
	MEAL SIZE Average		DURING Happy
	HOME/TAKEOUT/PREPARED	WHY I ATE Wanted to give my body some healthy fuel for the day	2-3 HOURS AFTER A little hungry
	HUNGER SCALE 1 2 3 4 5		
Meal 2	TIME Noon	WHAT I ATE Mediterranean Salad w/ chicken	HOW I FELT... BEFORE Hungry
	MEAL SIZE Average		DURING Hungry
	HOME/TAKEOUT/PREPARED	WHY I ATE It was lunchtime and I was ravenous!	2-3 HOURS AFTER Craving sweets
	HUNGER SCALE 1 2 3 4 5		
Meal 3	TIME 6:30 pm	WHAT I ATE Salmon with Roasted Veggies	HOW I FELT... BEFORE Hungry
	MEAL SIZE Average		DURING Happy
	HOME/TAKEOUT/PREPARED	WHY I ATE Wanted to give my body some healthy fuel for the day	2-3 HOURS AFTER Happy
	HUNGER SCALE 1 2 3 4 5		
Snacks	TIME 2:45am & 4 p.m.	WHAT I ATE Snack 1: Apple with walnuts Snack 2: Protein shake	HOW I FELT... BEFORE Hungry
	MEAL SIZE Average		DURING Good
	HOME/TAKEOUT/PREPARED	WHY I ATE I was hungry today! Needed a snack to fuel my workout.	2-3 HOURS AFTER Satisfied
	HUNGER SCALE 1 2 3 4 5		
Lifestyle	GLASSES OF WATER 	WORKOUT Worked out after work/before dinner	WHAT I DID WELL TODAY Even though I was hungry I made healthy choices
	VEGGIES & FRUIT 	WHAT I DID Weight training (legs) & upper body	WHAT I WILL DO BETTER TOMORROW Get more protein at breakfast to keep me feeling full
	SLEEP 7.5 HOURS	HOW LONG 45 minutes	
	STRESS SCALE 1 2 3 4 5	HOW I FELT Strong!	

FOOD & MOOD

JOURNAL

DATE

<i>Meal 1</i>	TIME	WHAT I ATE	HOW I FELT... BEFORE
	MEAL SIZE		DURING
	HOME/TAKEOUT/PREPARED	WHY I ATE	2-3 HOURS AFTER
	HUNGER SCALE 1 2 3 4 5		
<i>Meal 2</i>	TIME	WHAT I ATE	HOW I FELT... BEFORE
	MEAL SIZE		DURING
	HOME/TAKEOUT/PREPARED	WHY I ATE	2-3 HOURS AFTER
	HUNGER SCALE 1 2 3 4 5		
<i>Meal 3</i>	TIME	WHAT I ATE	HOW I FELT... BEFORE
	MEAL SIZE		DURING
	HOME/TAKEOUT/PREPARED	WHY I ATE	2-3 HOURS AFTER
	HUNGER SCALE 1 2 3 4 5		
<i>Snacks</i>	TIME	WHAT I ATE	HOW I FELT... BEFORE
	MEAL SIZE		DURING
	HOME/TAKEOUT/PREPARED	WHY I ATE	2-3 HOURS AFTER
	HUNGER SCALE 1 2 3 4 5		
<i>Lifestyle</i>	GLASSES OF WATER 	WORKOUT	WHAT I DID WELL TODAY WHAT I WILL DO BETTER TOMORROW
	VEGGIES & FRUIT 	WHAT I DID	
	SLEEP HOURS	HOW LONG	
	STRESS SCALE 1 2 3 4 5	HOW I FELT	

READY TO TAKE YOUR *Next Steps?*

At Tighten Up, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

If you're a in your midlife years, looking for a better way to exercise and eat so you can feel and look great, we want to invite you to experience a simpler and easier approach that's already gotten 100's of Women and Men amazing results.

Ways to Work With Me: Ultimate Small Group Training

SMGT is tailored to Small Groups of people that want guidance with technique. Max of 6 people.

[LEARN MORE HERE](#)

1on1 Personal Training

Customised 1on1 Training for in depth guidance and accountability

[LEARN MORE HERE](#)

We'd love to be part of your wellness journey.



Jewelz Griffiths

Director

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Michelle

★★★★★★

Results: lifestyle change

As an overweight, out of condition, mature aged female, I knew I had to do something about my lifestyle and was so happy to find Tighten Up to help me on my journey to better health and fitness.

David

★★★★★★

Results: lifestyle change

I'm over the moon with my progress and feel fitter, leaner and stronger than I have for 25 years. They know their stuff and how to look after oldies like me! Thanks Guys!