

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
	VEGGIES & FRUIT 	WHAT I DID	
	SLEEP HOURS	HOW LONG	
	STRESS SCALE 1 2 3 4 5	HOW I FELT	