

Food & Mood Daily Journal

Meals		How Does Your Current Diet Serve You?	
		POSITIVE REACTIONS	NEGATIVE REACTIONS
TODAY'S DATE:		Place a check to the left of all descriptions that describe your experience 1 - 3 hours after each meal	
Time Eaten: Breakfast:	Feel full, satisfied	Stomach is full but having mouth hunger	
	No strong, sweet cravings	Needing a sweet food to feel satisfied	
	No desire for more food	Not satisfied with how the meal made you feel	
	No hunger	Hungry soon after eating	
	No need to snack	Needing a snack	
	Energy is restored	Meal caused a lack of energy	
	Energy feels balanced	Meal caused you to feel jittery or anxious	
	Energy seems to last to the next meal	Feeling wired but generally tired inside	
	More food needed for good energy	Feeling sleepy or tired soon after the meal	
	Less food needed for good energy	Feeling that eating more would make you feel better	
	Balanced well-being	Mind is slow	
	Sense of feeling stable and renewed	Thinking is hard and feels spacey	
	Feeling emotionally uplifted	Too many thoughts all at once	
	Improved clarity and sharpness of mind	Poor focus or concentration	
Thought processes functioning well	Negative feelings become apparent		
Time Eaten: Lunch:	Feel full, satisfied	Stomach is full but having mouth hunger	
	No strong, sweet cravings	Needing a sweet food to feel satisfied	
	No desire for more food	Not satisfied with how the meal made you feel	
	No hunger	Hungry soon after eating	
	No need to snack	Needing a snack	
	Energy is restored	Meal caused a lack of energy	
	Energy feels balanced	Meal caused you to feel jittery or anxious	
	Energy seems to last to the next meal	Feeling wired but generally tired inside	
	More food needed for good energy	Feeling sleepy or tired soon after the meal	
	Less food needed for good energy	Feeling that eating more would make you feel better	
	Balanced well-being	Mind is slow	
	Sense of feeling stable and renewed	Thinking is hard and feels spacey	
	Feeling emotionally uplifted	Too many thoughts all at once	
	Improved clarity and sharpness of mind	Poor focus or concentration	
Thought processes functioning well	Negative feelings become apparent		
Time Eaten: Dinner:	Feel full, satisfied	Stomach is full but having mouth hunger	
	No strong, sweet cravings	Needing a sweet food to feel satisfied	
	No desire for more food	Not satisfied with how the meal made you feel	
	No hunger	Hungry soon after eating	
	No need to snack	Needing a snack	
	Energy is restored	Meal caused a lack of energy	
	Energy feels balanced	Meal caused you to feel jittery or anxious	
	Energy seems to last to the next meal	Feeling wired but generally tired inside	
	More food needed for good energy	Feeling sleepy or tired soon after the meal	
	Less food needed for good energy	Feeling that eating more would make you feel better	
	Balanced well-being	Mind is slow	
	Sense of feeling stable and renewed	Thinking is hard and feels spacey	
	Feeling emotionally uplifted	Too many thoughts all at once	
	Improved clarity and sharpness of mind	Poor focus or concentration	
Thought processes functioning well	Negative feelings become apparent		