



# Food & Mood Journal

DATE	FOOD/DRINK	MOOD BEFORE EATING	PHYSICAL REACTIONS/ SIDE EFFECTS

Let's Reflect:

Did I eat because I was physically hungry or for another reason?

How did this meal/snack make me feel? (Energetic, sluggish, satisfied, bloated, etc.)

Were there any side effects I should be mindful of?

What small changes can I make for better nourishment next time?