

Food-Mood Journal

When we begin to raise our awareness around the way we treat our bodies, *everything* in our life shifts. Using a **Food-Mood Journal** is a way to help you connect what you *do* with how you *feel*.

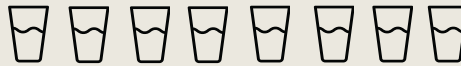
Here is how to use this journal:

1. Enter the date and log the number of hours of sleep you got the night before.
2. Color in or stroke off a water glass every time you drink 8 ounces of fresh water.
3. Whenever you eat or drink, note the time and your menu item. **About 20 minutes after eating, log the way you feel mentally, emotionally and physically.** Feel free to use the list of suggestions for physical and mental feelings and your Emotions Wheel to go deeper with your emotions.

DATE: _____

SLEEP LOG (Hours) _____

WATER INTAKE



TIME	MENU ITEM	MOOD CHECK
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List of Feelings

PHYSICALLY

MENTALLY

Achy
Bloated
Calm
Cold
Comfortable
Congested
Constipated
Dehydrated
Dizzy
Drained
Dry-mouthed
Energized
Exhausted

Alert

Anxious

Awake

Faint
Full
Grounded
Headache
Heavy
Hot
Hungry
Hurting
Itchy
Light
Lightheaded
Limp
Nauseous

Brain fog

Clear

Confused

Numb
Queasy
Ravenous
Relaxed
Satiated
Shaky
Short of breath
Sick
Sore
Stuffed
Sweaty

Drained

Forgetful

Tearful
Tense
Thirsty
Throbbing
Tired
Uncomfortable
Warm
Wozy

Inability to focus

Stressed

