

# FOOD & MOOD JOURNAL



NAME \_\_\_\_\_ DATE \_\_\_\_\_

	FOOD	MOOD
<i>morning</i>		
<i>mid-morning</i>		
<i>lunch</i>		
<i>mid-afternoon</i>		
<i>dinner</i>		
<i>late evening</i>		

8 ozs. water ○ ○ ○ ○ ○ ○ ○ ○

Bedtime previous night: \_\_\_\_\_ wake time: \_\_\_\_\_ # times I woke up through the night: \_\_\_\_\_

Adapted from FXNA