FOOD/MOOD/POOP JOURNAL

NAME ..... DATE .....

	food	mood	poop
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: ..... wake time: ..... # times I woke up through the night: .....

Handout © Functional Nutrition Alliance

FOOD/MOOD/POOP JOURNAL

NAME ..... DATE .....

	food	mood	poop
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: ..... wake time: ..... # times I woke up through the night: .....

FOOD/MOOD/POOP JOURNAL

NAME ..... DATE .....

	food	mood	poop
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: ..... wake time: ..... # times I woke up through the night: .....

Handout © Functional Nutrition Alliance

FOOD/MOOD/POOP JOURNAL

NAME ..... DATE .....

	food	mood	poop
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: ..... wake time: ..... # times I woke up through the night: .....

FOOD/MOOD/POOP JOURNAL

NAME ..... DATE .....

	food	mood	poop
morning			
mid-morning			
lunch			
mid-afternoon			
dinner			
late evening			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: ..... wake time: ..... # times I woke up through the night: .....

Handout © Functional Nutrition Alliance