

FOOD & MOOD *journal*

DATE _____

DAY M T W T F S S



BREAKFAST

MORNING TEA

LUNCH

AFTERNOON TEA

DINNER

SUPPER

MOOD

STRESS LEVEL 1 2 3 4 5
RELAXED STRESSED

TOP 3 PRIORITIES/GOALS

1 _____

2 _____

3 _____

WATER

FRUIT SERVES

VEGETABLE SERVES

PHYSICAL ACTIVITY

NOTES