



Food and Mood Journal

www.realhealthandwellness.com

A photograph of a clear glass filled with water, ice cubes, and fresh mint leaves. The glass is placed on a light-colored wooden surface. The background is softly blurred, showing more of the wooden surface and some additional mint leaves. The entire image is overlaid with a semi-transparent blue filter.

Cues to note in your Food Diary

PHYSICAL:	symptoms are bodily sensations.
CLUES FOR IMBALANCE:	headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
CLUES FOR BALANCE:	bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.
EMOTIONAL:	symptoms may be a little harder to notice
CLUES FOR IMBALANCE:	anxious, bored, scared, mad, sad, depressed, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.
CLUES FOR BALANCE:	confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from Potatoes Not Prozac, by Kathleen DesMaisons, PhD

BEFORE BREAKFAST

Food eaten

How I am feeling

BREAKFAST

Food eaten

How I am feeling

MORNING SNACK

Food eaten

How I am feeling

LUNCH

Food eaten

How I am feeling

AFTERNOON SNACK

Food eaten

How I am feeling

DINNER

Food eaten

How I am feeling

BEFORE BED

Food eaten

How I am feeling

BEFORE BREAKFAST

Food eaten

How I am feeling

BREAKFAST

Food eaten

How I am feeling

MORNING SNACK

Food eaten

How I am feeling

LUNCH

Food eaten

How I am feeling

AFTERNOON SNACK

Food eaten

How I am feeling

DINNER

Food eaten

How I am feeling

BEFORE BED

Food eaten

How I am feeling

BEFORE BREAKFAST

Food eaten

How I am feeling

BREAKFAST

Food eaten

How I am feeling

MORNING SNACK

Food eaten

How I am feeling

LUNCH

Food eaten

How I am feeling

AFTERNOON SNACK

Food eaten

How I am feeling

DINNER

Food eaten

How I am feeling

BEFORE BED

Food eaten

How I am feeling

BEFORE BREAKFAST

Food eaten

How I am feeling

BREAKFAST

Food eaten

How I am feeling

MORNING SNACK

Food eaten

How I am feeling

LUNCH

Food eaten

How I am feeling

AFTERNOON SNACK

Food eaten

How I am feeling

DINNER

Food eaten

How I am feeling

BEFORE BED

Food eaten

How I am feeling

BEFORE BREAKFAST

Food eaten

How I am feeling

BREAKFAST

Food eaten

How I am feeling

MORNING SNACK

Food eaten

How I am feeling

LUNCH

Food eaten

How I am feeling

AFTERNOON SNACK

Food eaten

How I am feeling

DINNER

Food eaten

How I am feeling

BEFORE BED

Food eaten

How I am feeling

BEFORE BREAKFAST

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How I am feeling

BREAKFAST

Food eaten

How I am feeling

MORNING SNACK

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How I am feeling

LUNCH

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How I am feeling

AFTERNOON SNACK

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How I am feeling

DINNER

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How I am feeling

BEFORE BED

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BEFORE BED

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LUNCH

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How I am feeling

AFTERNOON SNACK

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How I am feeling

DINNER

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How I am feeling

BEFORE BED

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How I am feeling

BEFORE BREAKFAST

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How I am feeling

BREAKFAST

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How I am feeling

MORNING SNACK

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How I am feeling

LUNCH

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How I am feeling

AFTERNOON SNACK

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How I am feeling

DINNER

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How I am feeling

BEFORE BED

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BEFORE BREAKFAST

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