

FOOD • MOOD • ACTIVITY • PAIN TRACKER



It's Not Always What You Eat, It's What Affects You, too!

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Understanding the Mind-Body Connection

Why You Should Use This Tracker & What It Might Reveal

Have you ever said:

“I eat pretty healthy, but I still feel awful.”

“My symptoms show up out of nowhere.”

“I don’t know if it’s stress, food, hormones... or all of it.”

“I feel inflamed, exhausted, anxious — but no one can tell me why.”

You’re not alone. And no, it’s not “just in your head.”

It might be in your gut. Or your nervous system. Or your stress response.

The mind and body are deeply connected — what affects one, affects the other.

Chicken or the Egg?

Stress can cause inflammation. Inflammation can cause pain.

Pain can mess with your sleep. Poor sleep can raise your blood sugar.

High blood sugar can make you moody. And mood swings can cause... yep, more stress.

This cycle can feel endless if you don’t track it.

Why Use This Tracker?

This is not just a food journal.

It’s a whole-person health tool to help you notice connections between:

- Food — what you eat, when you eat, and how your body responds
- Mood — anxiety, sadness, anger, joy, peace
- Activity — movement, stillness, energy levels
- Pain & Inflammation — physical symptoms and where they show up

By tracking these together, you can begin to answer:

- Are my symptoms worse when I’m anxious or overstimulated?
- Does poor sleep correlate with worse food choices or mood dips?
- Do certain meals help me feel grounded, calm, or energized?
- Am I reacting to foods — or to situations?
- Is pain a signal, not just a problem?

The Science Bit (Without the Jargon)

- Your gut and your brain talk all day long via the vagus nerve.
- Cortisol (your stress hormone) affects inflammation, blood sugar, and digestion.
- Poor sleep increases ghrelin and decreases leptin — the hormones that control hunger and fullness.
- Chronic stress can cause real, measurable physical symptoms.

So if you feel like nothing makes sense, this tracker might help you find what does.

What You'll Gain:

- Clarity on patterns that contribute to how you feel
- Awareness of how your body reacts to different stressors
- A sense of control and empowerment
- Real-life data to share with your coach, dietitian, or doctor

Let's connect the dots — because it's not always just the food.

Sometimes, it's what's going on inside you and around you.

This tracker is here to help you see it clearly, without judgment.



How to Use This Tracker

Because sometimes it's not just the food.

This isn't your average food log. It's a simple, whole-person tool designed to help you connect the dots between what you eat, how you move, how you feel, and what your body's telling you.

You don't need to track perfectly, just consistently. The goal is awareness, not judgment.

What to Track & How

Section	What to Do
Food	Write a short note (ex: "B: eggs + toast," "L: soup")
Mood	Rate 1-5 (1 = low, 5 = great) or use an emoji 😊😐😞
Pain	Rate 1-5 (1 = no pain, 5 = severe) — add a keyword if needed
Activity	Check off movement or note type (walk, yoga, etc.)
Notes	Add anything useful: sleep, stress, hydration, bloating, digestion, etc.

When to Fill It Out

You can log a few times a day (morning, afternoon, evening), or just once daily if that works better. Keep it flexible, but aim for consistency.

Why this Matters

Tracking more than just food gives you (and your coach or doctor) a full picture. Sometimes it's not just what you ate — it's your sleep, your stress, your cycle, your movement. This helps you find patterns and make changes that actually stick.

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Time/Day	Food (Short Note)	Mood (1-5 or emoji)	Pain (1-5)	Activity	Notes

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FOOD • MOOD • ACTIVITY • PAIN REFLECTION

Take a moment to look back at your tracker. Flip through your pages. What stands out?

Take a moment to look back at your week. Flip through your tracker pages, what stands out?

I felt my best when...(Consider food, movement, sleep, mood, and stress)

I felt worse or more symptomatic when...(Look for anything repeatable — timing, food, stress, pain levels, etc.)

One thing I'd like to try next week is...(A new habit, food, boundary, self-care, etc.)

If I'm sharing this with my healthcare provider, I want them to know: (Ex: I skipped meals, forgot meds, felt anxious, or had pain flare-ups — the honest stuff that helps them support you better)

Your Next Steps

You did it! Four weeks (or more!) of tracking your real life! The meals, the moods, the moments, the messiness.

Now what?

Step 1: Look for the Patterns

Take a look back at your tracker. Ask yourself:

- What showed up the most — food, mood, pain, or energy dips?
- Were there consistent times of day you felt better or worse?
- What helped you feel balanced?
- What triggered discomfort or inflammation?

Highlight or underline anything that stands out. You don't need to solve it all — just start noticing.

Step 2: Share with Your Healthcare Team

Whether you're working with a coach, a doctor, a therapist, or all of the above — this tracker is a goldmine of insight. Even if it feels uncomfortable, share the whole thing. Yes, even the skipped days. Even the tough notes. Being open helps your care team support you better.

They're not looking for perfection. They're looking for patterns.

Step 3: Reflect on What You Learned

Jot a few thoughts:

- One thing I understand better about myself is: _____
- I was surprised to notice: _____
- Going forward, I want to: _____

Want to Go Deeper?

If this helped, don't stop here. Try pairing this tracker with:

- The 4-Week Glucose Tracker – see how food, mood & symptoms align with your blood sugar
- The Mindfulness Journal – explore how awareness and intention shift your daily experience
- The Anxiety & Stress Journal – dig deeper into your emotional patterns and triggers

Keep exploring. Keep tracking. Keep getting to know the real you — with curiosity, not criticism.