



THE HABIT  
COLLABORATIVE

# Food & Mood Diary Tracking

## Guidance

### Purpose:

A Food & Mood Diary helps you understand how your eating habits, mood, and energy levels are connected. By recording what you eat, when you eat, how you feel, and any physical or emotional changes, you can identify patterns and triggers that influence your wellbeing.

This tool supports:

- Greater awareness of eating behaviours
- Insight into hunger, fullness, and emotional triggers
- More mindful and balanced nutrition choices
- Personalised recommendations for your nutrition assessment

## How to Complete Your Diary

### When to Record

- Fill in your diary in real time or as soon as possible after eating.
- Try to record every eating or drinking occasion, including snacks, coffee, or alcohol.
- Be honest — this is about awareness, not perfection.

### What to Include

Use the template each day to record:

- **Time:** When you ate or drank.
- **Food or Drink Consumed:** Include brand or preparation if relevant (e.g., homemade soup, latte with oat milk).
- **Portion / Amount / Calories:** Estimate amounts (e.g., 1 slice toast, handful of nuts, 200ml).
- **Mood Before & After Eating (1–10):** 1 = very low mood, anxious, or irritable, 10 = very positive, calm, or content
- **Energy Level (1–10):** 1 = extremely tired or sluggish, 10 = highly energised and alert
- **Physical Symptoms:** Note anything such as bloating, headache, fatigue, stomach discomfort.
- **Cravings / Triggers:** Include emotional or environmental cues (e.g., stress, boredom, social setting, time of day).

## Daily Summary Section

At the end of each day, please also note:

- Sleep Quality (hours / rating 1–10):
- Overall Stress Level (1–10):

## 1–10 Rating Guide

Scale	Mood	Energy	Stress
1	Very low, flat, sad, anxious	Exhausted, sluggish	Extremely high stress
5	Neutral, okay	Moderate energy	Manageable stress
10	Very positive, calm, content	Energised, focused	Completely relaxed

## Movement / Exercise

Record any movement you did that day, including:

- **Type:** e.g., walk, yoga, gym, gardening
- **Duration:** e.g., 30 minutes
- **Intensity:** Light / Moderate / Vigorous

## Thoughts & Feelings

Use this space to reflect on anything that may have influenced your eating or mood:

- Stress, motivation, or emotional triggers
- Social or environmental factors
- Notable events or reflections about the day

Please see the completed example for more information on how to complete the food and mood diary.

## Tips for Success

- Record details as accurately as possible — even small snacks count.
- Include mood and energy ratings every time you eat.
- Track physical sensations (e.g., bloating, fullness, fatigue).
- Reflect honestly — this diary is for your awareness, not judgement.
- Submit your completed diary to [tammy@thehabitcolab.co.uk](mailto:tammy@thehabitcolab.co.uk) either:
  - Daily (if preferred for accountability), or
  - Weekly (at the end of your tracking week).

## Remember

The goal is awareness, not perfection.

Patterns in your diary will help uncover how sleep, stress, emotions, and lifestyle choices influence your eating and energy — giving us valuable insights for your personalised nutrition assessment.

## Contact for Support

If you have any questions about the Self-Assessment Form, Food & Mood Diary, or the Nutrition Assessment process, your coach is here to help.

**Coach:** Tammy  
**Email:** [tammy@thehabitcolab.co.uk](mailto:tammy@thehabitcolab.co.uk)  
**Response Time:** Typically, within 24–48 hours

Feel free to reach out with any questions, clarifications, or concerns at any point during your program. We're here to support you every step of the way!