



THE HABIT
COLLABORATIVE

Food & Mood Diary

Daily Record

Purpose:

A food or mood diary tracks what you eat and how you feel physically and emotionally. By recording meals, snacks, drinks, and mood or energy levels, you can spot patterns, triggers, and habits that affect well-being. It boosts awareness of eating behaviours, supports health goals, and provides useful information for healthcare providers, helping you make more mindful choices for your body and mind.

Date:

Sleep Quality (hours / rating 1–10)*:

Overall Stress Level (1–10)*:

Time	Food or Drink Consumed	Portion/Amount/Calories	Mood Before Eating (1-10)*	Mood After Eating (1-10)*	Energy Level (1-10)*	Physical Symptoms	Cravings/Triggers

***1–10 Scale:** 1 = Lowest / Worst / Minimal Example: “1 = extremely low energy / Low mood, low stress 10 = Highest / Best

Movement/Exercise:

Include Type / Duration / Intensity:

Thoughts/Feelings:

Include: Stress, motivation, cravings, triggers, or notable events: