


















































My Daily Food & Mood Journal

Date: _____

Meal Log

|  | Time | What I Ate / Drank  | Portion Size | Hunger Before  → | Mood After  → | Notes (Cravings, Energy, Reactions) |
|---|------|--|--------------|---|--|-------------------------------------|
| <input type="checkbox"/> | | | |      |      | |
| <input type="checkbox"/> | | | |      |      | |
| <input type="checkbox"/> | | | |      |      | |
| <input type="checkbox"/> | | | |      |      | |

Healthy Habits Checklist

| Habit | Done? |
|--|--------------------------|
|  Drank enough water | <input type="checkbox"/> |
|  Ate at least 2 veggies | <input type="checkbox"/> |
|  Ate at least 1 fruit | <input type="checkbox"/> |
|  Moved my body today | <input type="checkbox"/> |
|  Ate at least one meal mindfully (no phone) | <input type="checkbox"/> |

Daily Reflection

What meal made me feel best today?

One word to describe my energy today:

Anything I noticed about my hunger, mood, or digestion?
