



# FOOD DIARY

The food diary is a powerful tool to bring awareness to your eating patterns. Feel free to use this form or to re-create it in a more convenient way that works for you, i.e., notepad, agenda book, app or computer.

Note how you feel physically and emotionally before, during, and after each meal, snack, or beverage.

At first, it may feel odd or you may not feel any particular way. That is okay—you may just write “fine” or “good.”

## HERE ARE TIPS TO GET YOU STARTED:

### PHYSICAL

Symptoms are bodily sensations.

**1. Clues for imbalance:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration

**2. 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.

**1. Clues for imbalance:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper

**2. Clues for balance:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

This food diary process is designed to be fun and informative. Stay free of negative judgments. If negative feelings arise, or if you feel guilty for eating something “bad,” remember that recording this information will help you to see the connection between what you eat and how you feel emotionally and physically.

If you forget to write down a meal, just keep going. It's all fine. Just keep writing.

Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD

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**WHEN**  
(date, time)

**FOOD**  
(preparation, how  
much)

**HUNGER LEVEL**  
(0-5)

**SITUATION**  
(place, activity)

**COMMENTS**  
(emotional, physical,  
mood)

<b>PRE-BREAKFAST</b>
<b>BREAKFAST</b>
<b>A.M. SNACK(S)</b>
<b>LUNCH</b>
<b>P.M. SNACK(S)</b>
<b>DINNER</b>
<b>EVENING SNACK(S)</b>

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<b>12 Week Wellness Challenge</b>	<b>Goal</b>	<b>Actual</b>
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		

**Congratulations on your 12 Week Wellness Journey!**