

Food & Mood Diary

It may be helpful to write down everything you eat, and your mood at the time you have it. This can help you discover how your feelings could be affecting your food choices, e.g., do you eat more - or make less healthy choices - when you are sad, stressed or bored? Understanding this will help you make plans to take control of your eating.

Date:

Food

Mood

Breakfast:

Lunch:

Evening Meal:

Snacks: (in addition to meals)

Supper:

Although there is room to record snacks and supper we generally suggest that you do not eat more than three times per day, unless you have a medical condition or take medication that makes this necessary.