

Food and Mood Diary



Instructions:

Please complete the following food diary to help us understand what you eat and drink daily. Record the time, what you ate, your hunger level before and after eating (see hunger scale), your mood before and after the meal (see mood scale), and any specific physical or emotional symptoms you notice before consumption. Please print the daily log page for each day you will be using the food diary.

Physical Symptoms (examples)		Emotional symptoms (examples)	
Stomach grumbling		Irritability	Happiness
Fatigue		Stress	Boredom
Headache		Upset	Motivated
Difficulty concentrating		Anxious	
Nausea		Cravings	

There's also a section for **extra notes for the day** to report on factors that might have influenced your overall food choices, such as emotions or physical well-being (like stress levels, menstrual cycle, exercise, sleep quality, who you were with or where you ate). Try to be as accurate as possible.

Each week you can decide on a goal you want to focus on. If you're not sure what's right for you, then speak to your clinician who will be able to help you come up with a suitable plan.

My goal for this week is...

Daily Log: Day

Time	Meal/ snack consumed	Portion size (regular/ small/ large)	Hunger level before eating (1-10)	Hunger level after eating (1-10)	Mood before eating	Mood after eating	Physical symptoms and/or emotions felt before consumption
Glasses of water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
Notes							
Goal for tomorrow:							

Hunger Scale



Physically Faint

Fairly Hungry

Neutral

Full

Bloated

1

2

3

4

5

6

7

8

9

10

Ravenous

Slightly Hungry

Pleasantly Satisfied

Stuffed

Nauseous

Mood Scale

Mood Rating	Description
Excellent	Very happy, energetic or satisfied
Good	Positive mood, generally content
Fair	Neutral, okay, neither good nor bad
Poor	Below normal mood, low energy or irritable
Bad	Very low mood, upset or fatigued

Portion Guide



Large portion =
Dinner plate ~ 11 inch
filled up, or a larger
plate.



Regular portion =
Dinner plate ~ 11
inches.



Small portion =
Meal served on a
smaller/ side
plate.