

Food & Mood Check-In

A gentle way to notice connections between nourishment, mood, energy and everyday wellbeing — without judging what you eat.

How is my mood today?

How is my energy today?

How easy or difficult has eating felt?

Have I had enough opportunities to eat and drink?

No need to count or measure — simply notice.

What has felt supportive around food today?

What has made nourishment harder?

What does my body seem to be asking for?

One supportive thing I can do next is...
