

Food and Mood Log

Date: _____ Weight: _____

Day of the week (circle one): Mon Tues Wed Thurs Fri Sat Sun

Number of 8 ounce glasses of water consumed:



Time	Place	Food/Beverage	How Much	Mood Before	Mood After

What's your mood? Exhausted, angry, sad, frustrated, stressed, depressed, overwhelmed, anxious, lonely, jealous, bored, hopeful, confident, happy, thrilled, etc.

My day in review (times/situations/moods likely to cause cravings, types of food most likely to crave etc):

Behaviors that require my attention:

Notes:

How I did today (circle one): Fabulous Great OK Will Do Better Tomorrow