**Food & Mood Diary**

Use the table below to record your mood at each point of the day and what you ate at each mealtime.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **………………………** | **Morning** | **Breakfast** | **Afternoon** | **Lunch** | **Evening** | **Dinner** | **Snacks** | **Drinks** |
| **Monday** |  |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |  |