

My food and mood diary

Use this diary as a way to monitor what you are eating and how it makes you feel before and after. Tracking your eating habits in this way will help you highlight why you might be reaching for certain foods. It can also be a starting point to understanding the importance of a healthy, balanced diet for both your body and your mind.

We recommend filling this out every day for two weeks so you can start to notice patterns in your eating behaviours.

Here is an example of what your diary could look like.



You can express your feelings in your own way here. You could use smiley or sad faces or even colours to reflect how you're feeling eg yellow for when you're happy and blue for when you're feeling down.

Day of the week: Monday

Date: 22 March

Time of day	Where I'm eating	Who I'm eating with	Feelings	Hunger on a scale of 0 to 10 0 = not hungry at all 10 = starving	Type of food or drink and portion size	Feelings straight after eating	Feelings one hour after eating	Reflections
8.30am	On the sofa	With my children	Stressed	5	Large bowl of porridge and a cup of coffee with 1 tsp of sugar	Feeling satisfied 😊	Feeling satisfied	Not a concern
10am	At my desk	Alone	Bored	3	3 biscuits	Feeling satisfied	Feeling guilty	I tend to eat unnecessary sweet things when I'm bored at work

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