

food journal

date	breakfast	lunch	dinner
SU —	food feelings	food feelings	food feelings
M —	food feelings	food feelings	food feelings
T —	food feelings	food feelings	food feelings

Some feelings to consider the presence/lack and increase/decrease of:

physical

- headache
- dizziness
- digestive upset
- sleep

- strength
- energy
- focus
- alertness

emotional

- anxiety
- depression
- restlessness
- irritability

- agitation
- energy
- humor
- interest

date

breakfast

lunch

dinner

w
—

food	food	food
feelings	feelings	feelings

th
—

food	food	food
feelings	feelings	feelings

f
—

food	food	food
feelings	feelings	feelings

sa
—

food	food	food
feelings	feelings	feelings