

Food & Mood Tracker

DATE: _____



Write your mood in a word or draw a picture of how you feel in the bubbles.
Keep track of your moods and what you eat while experiencing that mood throughout the day.
Discover how your emotions are affecting your eating.

Morning



5am

6am

7am

8am

9am

10am

11am

How did your morning moods affect your eating?

Afternoon



noon

1pm

2pm

3pm

4pm

5pm

6pm

How did your afternoon moods affect your eating?

Evening



7pm

8pm

9pm

10pm

11pm

midnight

1-4am

How did your evening moods affect your eating?