

FOOD AND MOOD JOURNAL

Keeping a food and mood journal helps us understand our patterns around food, and the feelings that arise as a result. This is NOT a tool to judge your behaviours, or count calories/track macro's, but rather a tool to help bring awareness into your thoughts, feelings, and behaviours. The hunger/fullness scale helps to bring awareness to hunger cues - note your hunger when you start eating, and your fullness when you finish. (1 = ravenous, 10 = Extremely over-full).

EXAMPLE: Date: February 11 2019

TIME	FOOD & AMOUNT	HUNGER (FULLNESS)	FEELING	URGES/PURGE/ RESTRICT/ BINGE
8:00	1 cup yogurt, 1 apple, 1/2 cup granola	3-7	HUNGRY	N/N/N
10:30	Luna bar, latte with 2% milk	3-5	restless, stressed, NEED something	Y/N/N
12:30	Turkey sandwich, juice box, 1 cookie	3-7	Not hungry, anxious, panic	Y/N/N
4:00	1/2 cup trail mix, banana	4-6	Not hungry from lunch, anger, body image intense!	Y/N/N
7:00	2 slices pizza, salad with dressing	4-8	guilt, anxious, very difficult	Y/N/N
9:30	1 Ensure	4-7	DID IT! feeling very full, uncomfy	Y/N/N

