

Food & Mood Journal

Name: _____ Start Date: _____ Finish Date: _____

[illegible]

Immediate Enjoyment: 5 = Yummy – the best food ever / 1 = Yucky – I never want to see it again

Feeling: 5 = Feeling Fine – happy & full of energy / 1 = Hungry, headaches, shaky & grouchy

Behavior: 5 = Calm, content, focused / 1 = hyperactive, irritable, distractible, tantrums