

Food & Mood Diary

Name

Date diary commenced / /

This is to be used over a three-day period. Ideally including a weekday and a weekend day. Please take the time to fill it in as accurately as possible.

- “Food”** column is to be used to indicate the type of food e.g. white bread, chocolate milk, frozen veges...
- “Amount”** column should be filled in using simple household measurements e.g. cup, ½ cup, tbsp, tsp, 100g, palm sized...
- “Brand”** column denotes the company producing it e.g. Yoplait, Coles, Weetbix, MacDonalds, Kraft...
- “Mood”** overall how you felt after your meal e.g. still hungry, full, happy, guilty, tired, satisfied...

If there is not enough space please insert additional pages. Don't forget to include any drinks (other than water) you consume and document even small additions such as sauces.

Usual water intake each day cups/mLs

DAY 1

	Food	Amount	Brand	Mood
Breakfast				
Morning Tea				
Lunch				
Afternoon Tea				
Dinner				
Other				

DAY 2

	Food	Amount	Brand	Mood
Breakfast				
Morning Tea				
Lunch				
Afternoon Tea				
Dinner				
Other				

DAY 3

	Food	Amount	Brand	Mood
Breakfast				
Morning Tea				
Lunch				
Afternoon Tea				
Dinner				
Other				

Additional notes: