Date:	Mon	Tue	Wed	Thurs	FRi	Sał	Sun	Weight:
Check # 8 ounce	glasses	of Wa	ter: [					

Time	Place	Food/Beverage	How Much	Mood Before	Mood After	
						1

What's your Mood: exhausted, angry, sad, frustrated, stressed, depressed, overwhelmed, anxious, lonely, jealous, borked, hopeful, con dent, happy, thrilled, etc.

My Day in Review:	(Times/situations/m	oods likely to cau	se cravings,	types of food r	nost likely to	crave, etc.):	
Behaviors that rea							
Notes:							
How I did today:		□ Great		□ Will D	o Beller	Tomorrow	