

Food Mood Diary

Date _____ Day of the week _____

Directions: Pick a day and list the time, the foods, and the amount you ate for that day. Score your hunger level and your mood.

Hunger levels:

1. not hungry 2. some what hungry 3. hungry 4. very hungry 5. starving

Mood:

Happy, sad, depressed, bored, unhappy, stressed, etc.

| Time | Food | Amount | Hunger level | Mood/ feelings |
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