LiveHealth® ONLINE

Food and my mood

My daily journal

Use this journal to better understand the connection between your emotions and what you eat. This can help you become more aware of your eating habits.

Time	**Food/drinks consumed** (and portion sizes)	**Your hunger level before eating** (0=starving/10=stuffed)	**Your fullness level after eating** (0=starving/10=stuffed)	**Where you ate** (home, work, car, restaurant, etc.)	**Describe your mood before you ate** (happy, anxious, etc.)

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment.
You should always consult your doctor or other qualified health provider if you have questions or concerns.

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