



Food & Mood Journal

nutrition.wellnesshub

© Developed by clinical nutritionist
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Welcome To Your Food & Mood Journal!

Welcome to the Food and Mood Journal! This powerful tool is designed to help you explore the intricate connection between what you eat and how it impacts your mood, energy levels, and overall well-being. By keeping track of your food intake, emotions, and symptoms, you'll gain valuable insights into your body's unique responses to different foods and eating patterns.

Why Use the Food and Mood Journal?

Understanding the link between food and mood is essential for nurturing a balanced and nourished mind and body. This journal empowers you to:

- 1. Discover Personal Patterns:** By recording your food intake, emotions, and symptoms, you can identify patterns and connections between specific foods and your mood, energy levels, and physical well-being.
- 2. Make Informed Choices:** Armed with information from your journal, you'll be better equipped to make mindful and intentional choices about your diet, leading to improved overall health and a positive impact on your mood.
- 3. Uncover Food-Mood Triggers:**** Recognizing how certain foods affect your emotions and symptoms will enable you to minimize triggers and prioritize foods that promote well-being and balance.

How to Use the Journal:

1. **Food Intake:** Record what you eat and drink throughout the day. Be as detailed as possible, including portion sizes and any snacks. Remember to note the time of each meal.
2. **Emotional State:** Before each meal, take a moment to reflect on your emotional state. Describe how you're feeling, whether it's happy, stressed, anxious, or anything in between.
3. **Mood After Eating:** After each meal, assess your mood and emotions. Note any changes you experienced, such as increased energy, fatigue, happiness, or irritability.
4. **Symptom Checker:** Use the symptom checker section to track any physical symptoms you may experience, such as bloating, digestive discomfort, headaches, or any other notable changes.
5. **Mindful Eating:** This section is for you to jot down any observations or experiences related to mindful eating practices. Share your thoughts on the process, any challenges, or moments of success.

Embrace Your Journey: Remember, this journal is a tool for self-discovery and growth. Embrace the process with an open mind and heart, knowing that each entry is a step towards a better understanding of your unique body and its needs.

Stay Consistent: Consistency is key to unlocking the insights this journal can offer. Try to record your meals and emotions daily to gain a comprehensive view of your food-mood connection. As you continue using this journal, celebrate any discoveries or positive changes you make along the way. Small steps add up to significant transformations.

Reach Out for Support:

If you encountered any challenges or have questions about anything we discussed this week, don't hesitate to reach out for support. Your well-being is our priority, and we're here to assist you throughout your health journey. For a personalised approach to your health and nutrition, book a 30 minute health check [here](#) (click on the 30 minute treatment plan option).

Final Thoughts: Thank you for embarking on this journey of self-awareness and nourishment with us. The Food and Mood Journal is your personal guide to unlocking the power of food to support your well-being. We're here to support you every step of the way. Happy journaling!

Monday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
Eg. Being present when you eat?
Minimal to no distractions. Slowing down and chewing food etc.

How did you feel?

What are you grateful for today?

Symptom Checker

- Constipation☐
- Diarrhea☐
- Indigestion☐
- Heartburn/ Reflux☐
- Bloating☐
- Feeling heaving☐
- Low energy☐
- Sugar cravings☐
- Headaches☐
- Tired after meals☐

Other:

Tuesday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
Eg. Being present when you eat?
Minimal to no distractions. Slowing down and chewing food etc.

How did you feel?

What are you grateful for today?

Symptom Checker

- Constipation☐
- Diarrhea☐
- Indigestion☐
- Heartburn/ Reflux☐
- Bloating☐
- Feeling heaving☐
- Low energy☐
- Sugar cravings☐
- Headaches☐
- Tired after meals☐

Other:

Wednesday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
Eg. Being present when you eat?
Minimal to no distractions. Slowing down and chewing food etc.

How did you feel?

What are you grateful for today?

Symptom Checker

- Constipation☐
- Diarrhea☐
- Indigestion☐
- Heartburn/ Reflux☐
- Bloating☐
- Feeling heaving☐
- Low energy☐
- Sugar cravings☐
- Headaches☐
- Tired after meals☐

Other:

Thursday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
Eg. Being present when you eat?
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How did you feel?

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Symptom Checker

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- Diarrhea☐
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- Heartburn/ Reflux☐
- Bloating☐
- Feeling heaving☐
- Low energy☐
- Sugar cravings☐
- Headaches☐
- Tired after meals☐

Other:

Friday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
Eg. Being present when you eat?
Minimal to no distractions. Slowing down and chewing food etc.

How did you feel?

What are you grateful for today?

Symptom Checker

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- Diarrhea☐
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- Heartburn/ Reflux☐
- Bloating☐
- Feeling heaving☐
- Low energy☐
- Sugar cravings☐
- Headaches☐
- Tired after meals☐

Other:

Saturday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
Eg. Being present when you eat?
Minimal to no distractions. Slowing down and chewing food etc.

How did you feel?

What are you grateful for today?

Symptom Checker

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- Diarrhea☐
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- Heartburn/ Reflux☐
- Bloating☐
- Feeling heaving☐
- Low energy☐
- Sugar cravings☐
- Headaches☐
- Tired after meals☐

Other:

Sunday

	Time	What did you eat + drink	How did you feel before you ate?	How did you feel after you ate?
Breakfast				
Lunch				
Dinner				
Snacks				

Mindfulness Check

How have you been mindful today?
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Other:

End of Week Reflection: Mindful Eating, Sleep, and Gut Health Symptom Tracker

Congratulations on completing your food and mood journal! Now is the perfect time to reflect on your experiences, progress, and any observations you've made throughout the week. Use this reflection section to gain insights into your well-being and celebrate your achievements.

Mindful Eating Reflection:

Take a moment to reflect on your mindful eating practice this week. Remember, mindful eating is a continual journey, and every step counts towards a more nourishing relationship with food.

How did you incorporate mindfulness into your meals?

Did you notice any changes in your eating habits or the way you interacted with food?

Were there any challenges or successes you'd like to share?

Sleep Reflection: Consider your sleep habits this week.

Did you prioritize getting enough restful sleep each night?

Reflect on how your sleep impacted your energy levels, mood, and overall well-being this week.

If you encountered any sleep challenges, think about potential strategies to address them moving forward.

Gut Health Symptom Tracker Reflection: Review your gut health symptom tracker from this week.

Did you notice any patterns or changes in how you felt after certain meals or specific foods?

Were there any improvements in any digestive issues or discomforts you may have experienced?

Identifying these connections can help you make informed choices to support your gut health in the long run.
