
Mood Related Food Tracker

Debbie Luxton Coaching - **Self-care Disciplines: Food Matters**, Article March 15, 2016

Make copies to track your consumption (including water) for 7-10 days.

Date & Time	Beverages/ Foods	Food Group(s)	How Much	Mood(s) Observed



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Moods: affectionate, angry, anxious, annoyed, bored, calm, depressed, excited, frustrated, happy, joyful, lethargic, lonely, jealous, nervous, overwhelmed, reflective, stressed or

Food Groups: Fruits, vegetables, grains, proteins, dairy, water

Did you observe any specific triggers to your eating? How so?

Did your water intake have an affect on your mood? How so?

Overall Observations:

