

# 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