Mood and Food Log

DATE

Fill it in once or twice a day for seven days, about an hour after a meal or snack. This isn't about counting calories or eating perfectly. Be honest; no one's grading it. Prefer your phone? An app like Bearable works too.

When	What I ate	How I felt an hour later (clear, foggy, wired, satisfied)	What I noticed (hungry, guilty, crashed, enjoyed it)

At the end of the week: What helped me feel focused, steady, or clear? What left me tired, foggy, or regretful? Were there patterns tied to mood, boredom, or stress? What did I enjoy without earning it first?

Three foods I actually look forward to:

One meal I'll share with someone this week:

When It's More Than a Book Talk to your doctor if you get shaky, sweaty, or confused when you go too long without eating, if you're always thirsty and peeing a lot, or if you're exhausted no matter what you eat or how you sleep (Chapter 5 covers the bloodwork to ask for). If food feels like a fight (restricting, bingeing, purging, or training to make up for what you ate), call the National Alliance for Eating Disorders helpline at 866-662-1235. It's staffed by therapists who specialize in this, weekdays from 9 a.m. to 7 p.m. Eastern.