Food & Mood Journal

Physical Activity Log

Name:	Monday
I vanie:	Tuesday
	Wednesday
Date:	Thursday
	Friday
	Saturday
	Sunday
	· · ·

Day	Brea	kfast	Mid-m	orning	Lui	Lunch		Mid-Afternoon		Dinner		ning
Monday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \oplus \mathfrak{S}$												
Daily Fluids		coffes	s/teas			Water]	alcohol			

Day	Brea	kfast	Mid-m	orning	Lunch		Mid-Afternoon		Dinner		Evening	
Tuesday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \oplus \otimes$												
Daily Fluids		coffes	s/teas			Water			alcohol			

Day	Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Evening	
Wednesday												
		-		-		-		-				
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \oplus \mathfrak{S}$												
Daily Fluids		coffes	s/teas			Water			alcohol			

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Food & Mood Journal (cont'd)

Day	Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Eve	ning
Thursday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \oplus \otimes$												
Daily Fluids		coffes	s/teas			Water]	alcohol			

Day	Day Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Evening	
Friday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \oplus \mathfrak{S}$												
Daily Fluids		coffes	s/teas			Water]	alcohol			

Day	Brea	kfast	Mid-m	orning	Lunch		Mid-Afternoon		Dinner		Evening	
Saturday												
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \oplus \mathfrak{S}$												
Daily Fluids		coffes	s/teas			Water			alcohol			

Day	Breakfast		Mid-morning		Lunch		Mid-Afternoon		Dinner		Eve	ning
Sunday												
				-		-		-				-
1 hour after food	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
$\odot \boxdot \otimes$												
Daily Fluids		coffes	s/teas			Water]	alcohol			

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