



Food & Mood Diary

This daily food & mood diary is to help you to connect not just to the food you eat but to your body, symptoms, mood and overall happiness levels so that you can create your own unique eating plan.

This is to unleash the health coach within you! To empower you to connect and be aware of what you uniquely need to Flourish.

Print this off (print off page two x7 times) or just click in the boxes to fill it in digitally and save and once a week complete the end reflection section and spend a few minutes each day filling and doing the weekly reflection.



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

I did not enjoy eating/drinking...

Evening

The foods or unhealthy habits I am focusing on 'crowding out' are...



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

Evening

I did not enjoy eating/drinking...



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

Evening

I did not enjoy eating/drinking...



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

Evening

I did not enjoy eating/drinking...



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

Evening

I did not enjoy eating/drinking...



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

Evening

I did not enjoy eating/drinking...



Date:

I got _ hours sleep and I woke up feeling...

My bowel movements, bloating, sense of well being and peace today were...

(Or any other on going health issues use this box to keep track of it)

My affirmation/declaration for the day is...

Movement and exercise looked like...

The foods and drinks that nourished me today were...

(Write out everything you ate/drank)

Waking

My energy levels today were out of 10 today .

(10 being full of energy)

Morning

To feed my soul, mind and spirit today I ...

Afternoon

I really enjoyed eating/drinking...

Evening

I did not enjoy eating/drinking...



Reflection

Complete this form at the end of the week to summarise and learn from all that your body has been telling you.

What does your dream health, body and life look like?

What are the supplements you are taking right now to boost your health goals? Are they helping?

Over the past week what foods or habits have energised you and made you feel fabulous ?

What food do you want to continue crowding out?

What food do you want to eat more of?

What food which has had a negative impact on you :

How have been feeding you soul, mind, and spirit?

The action you want to take on this is:

How would you rate the following areas out of 10 with ten being very satisfied :

Energy .../10

Weight .../10

Digestion .../10

Relationship with food .../10

Relationship with your body .../10

Stress levels .../10

What symptoms have you noticed over the last week?

Well done – you are learning to listen to your body so that you can thrive!

To really 'tune in' to your body I recommend doing this for about 2 - 4 weeks.