

FOOD AND MOOD DAIRY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Amount of Water							
Other liquids: coffee, tea, fruit juice, wine, beer, pops (diet?) etc...							
# of B.M.							
How does digestion feel after you eat?							
Energy Level (1-10)							
Mood							
Hours of Sleep?							
Well rested?							
Exercise (mins): Walk, gym, gardening							