



Mood Journal

Check in with yourself throughout the day and identify your mood so we can start to recognize patterns in your day. This is the first step in separating your emotions from your meals and then we can work on creating habits to handle your emotions in a way that feels good to you. Do this for 3-7 days. Try to collect a weekday and weekend day at minimum to represent the different patterns on various types of days.

Here are some feelings to refer to as you fill in your day.

Rested	Calm	Peaceful	Happy	Content	Motivated	Clear	Loving
Loved	Joyful	Funny	Light-hearted	Determined	Calm		
Connected		Sexy	Productive	Overwhelmed			
Upset		Mad	Frustrated	Bored	Unfocused		
Sad	Resentful	Burdened	Invisible	Uncomfortable			
		Lazy	Worthless	Anxious			

In each space below identify 4 things:

- How you feel
- Why you feel that way.
- How you want to feel.
- One action to feel that feeling.

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 1

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 2

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 3

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 4

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 5

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 6

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?

“Motivational Quote Here” ~ Author Here

Mood Journal - Day 7

When I wake up:

After morning routine:

Before Lunch :

Midafternoon:

Before Dinner:

Evening:

Before Bed:

What is one thing you can do to address how you feel before you eat a meal?