



# Daily Food Journal

**Assess how you feel before, during and/or after your meal/snack/beverage.**

**Example:** 3 slices mushroom pizza ✓ Happy ✓ Other: Upset stomach later

Meal/Snack/Beverage	Emotion
	<input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Stressed <input type="checkbox"/> Bored <input type="checkbox"/> Angry <input type="checkbox"/> Other _____
	<input type="checkbox"/> Happy <input type="checkbox"/> Sad <input type="checkbox"/> Stressed <input type="checkbox"/> Bored <input type="checkbox"/> Angry <input type="checkbox"/> Other _____
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