

# Weekly Food Journal

Fill in your meals/snacks/beverages along with emotion felt before, during and/or after.

	Example	MONDAY	TUESDAY	WEDNESDAY
MEAL	<i>Toast with peanut butter Banana</i>			
	<b>Emotion:</b> <i>content</i>	<b>Emotion:</b>	<b>Emotion:</b>	<b>Emotion:</b>
MEAL	<i>Black beans &amp; rice Sautéed vegetables Mango yogurt</i>			
	<b>Emotion:</b> <i>tad stressed</i>	<b>Emotion:</b>	<b>Emotion:</b>	<b>Emotion:</b>
MEAL	<i>Burger Fries</i>			
	<b>Emotion:</b> <i>busy &amp; stressed</i>	<b>Emotion:</b>	<b>Emotion:</b>	<b>Emotion:</b>
SNACK(S)	<i>Apple in the morning Popcorn in the afternoon</i>			
	<b>Emotion:</b> <i>bored</i>	<b>Emotion:</b>	<b>Emotion:</b>	<b>Emotion:</b>
BEVERAGES	<i>Green tea Water Soda Wine</i>			
	<b>Emotion:</b> <i>tired/de-stressing</i>	<b>Emotion:</b>	<b>Emotion:</b>	<b>Emotion:</b>

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	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MEAL</b>				
	Emotion:	Emotion:	Emotion:	Emotion:
<b>MEAL</b>				
	Emotion:	Emotion:	Emotion:	Emotion:
<b>MEAL</b>				
	Emotion:	Emotion:	Emotion:	Emotion:
<b>SNACK(S)</b>				
	Emotion:	Emotion:	Emotion:	Emotion:
<b>BEVERAGES</b>				
	Emotion:	Emotion:	Emotion:	Emotion:

