Weekly food & mood journal

Capture one meal and a feeling each day. A few words are enough.

Week beginning

Day	A meal I remember	How I felt	Something to remember
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

One thing to bring up

Weekly food & mood journal

Capture one meal and a feeling each day. A few words are enough.

Week beginning

Monday 2 November

Day	A meal I remember	How I felt	Something to remember
Mon	Toast and eggs	Calm	Walked to work.
Tue	Soup with bread	Tired	Late lunch between meetings.
Wed	Rice bowl	Comfortable	Ate outside with a friend.
Thu	Yoghurt and fruit	Rushed	Early start.
Fri	Pasta with peas	Content	Quiet evening in.
Sat	Bean tacos	A bit queasy	Wrote down the time in my diary.
Sun	Sandwich and fruit	Relaxed	Lunch at home.

One thing to bring up

I want to talk about how I felt on Saturday afternoon.

Meal & symptom diary

Log one day in time order. Leave anything you did not notice blank.

Date

Meals, drinks & observations

Use a fresh row when something happens, even if you did not eat at that time.

Time	Food or drink, if any	How I felt or what I noticed

What else was going on?

Meal & symptom diary

Log one day in time order. Leave anything you did not notice blank.

Date

Saturday 7 November

Meals, drinks & observations

Use a fresh row when something happens, even if you did not eat at that time.

Time	Food or drink, if any	How I felt or what I noticed
8:00 am	Porridge and tea	Felt comfortable.
12:45 pm	Bean tacos and water	Ate at home.
2:15 pm		Felt a little queasy during a walk.
3:00 pm	Water	Sat down for a while.
6:30 pm	Soup and toast	Felt comfortable at dinner.

What else was going on?

I was travelling in the morning. I slept less than usual.

Shot-day record

Make a record of a shot you have already taken and how the day felt.

Date taken

Time taken

Medication name from my label

Dose taken, including unit

Site I used

Anything else to remember

Later observations

Add the time and your own words if something stands out.

Time	What I noticed

Question for my prescriber or pharmacist

Shot-day record

Make a record of a shot you have already taken and how the day felt.

Date taken

Monday 2 November

Time taken

8:10 am

Medication name from my label

Copied from my prescription label

Dose taken, including unit

Copied from my pen label

Site I used

Left thigh

Anything else to remember

At home before work

Later observations

Add the time and your own words if something stands out.

Time	What I noticed
12:30 pm	Had lunch at home. Felt much the same as usual.
4:00 pm	Felt more tired than this morning.

Question for my prescriber or pharmacist

Which details would be helpful to write down after my next shot?

Follow-up appointment planner

Choose what you want to discuss. Keep this page handy during the visit.

Appointment date

Who I am seeing

What I most want to discuss

Pick one thing you would like to come away understanding.

A moment from my journal

Choose an entry that helps you describe the week.

Other questions to take with me

Write them in the words you would use in the room.

What we agreed during the visit

Leave room for next steps, who will do what and by when.

Follow-up appointment planner

Choose what you want to discuss. Keep this page handy during the visit.

Appointment date

Tuesday 10 November

Who I am seeing

My dietitian

What I most want to discuss

Pick one thing you would like to come away understanding.

How can I make lunch easier on days with back-to-back meetings?

A moment from my journal

Choose an entry that helps you describe the week.

On Tuesday I had soup and bread later than usual and felt tired.

Other questions to take with me

Write them in the words you would use in the room.

Would you like to see a full day of meals or a weekly summary next time?

What we agreed during the visit

Leave room for next steps, who will do what and by when.

I will bring one daily diary to our next visit. We agreed to follow up in two weeks.

Pill daily log

Make a record of each pill after you take it. Two weeks fit on one page.

Medicine name, as on my label

Wait before eating, from my label

Two weeks starting

Date	Time taken	How I felt, food or anything else to remember

Question for my prescriber or pharmacist

Pill daily log

Make a record of each pill after you take it. Two weeks fit on one page.

Medicine name, as on my label: From my pharmacy label

Wait before eating, from my label: Copied from my label

Two weeks starting: Monday 2 November

Date	Time taken	How I felt, food or anything else to remember
Mon 2 Nov	7:05 am	Felt fine. Breakfast at home.
Tue 3 Nov	6:50 am	Early start for work.
Wed 4 Nov	7:10 am	A little queasy mid-morning.
Thu 5 Nov	7:00 am	
Fri 6 Nov	7:15 am	Tired in the afternoon.
Sat 7 Nov	8:30 am	Walk with a friend.
Sun 8 Nov	8:20 am	
Mon 9 Nov	7:05 am	Felt much the same as usual.
Tue 10 Nov	7:00 am	Wrote down a question for my visit.
Wed 11 Nov	7:10 am	
Thu 12 Nov	6:55 am	Busy day. Lunch was late.
Fri 13 Nov	7:05 am	
Sat 14 Nov	8:40 am	Slept in.
Sun 15 Nov	8:10 am	Felt comfortable all day.

Question for my prescriber or pharmacist

Is there anything else that would help to note each day?

My dose steps

Copy each step from your own prescription and label. Instructions differ between medicines.

Medicine name, as on my label

Prescribed by

Date I copied this

My steps

Copy each step word for word. Add a new row whenever your prescriber changes something.

Step	Strength, as on my label	How and when to take it, as on my label	From	Until
1				
2				
3				
4				
5				
6				

Other instructions on my label

Copy them exactly, including anything about food, drink or other medicines.

Instructions differ between medicines. Follow your prescriber and your label.

Daykin pre-fills nothing on this chart. Ask your pharmacist if anything is unclear.

My dose steps

Copy each step from your own prescription and label. Instructions differ between medicines.

Medicine name, as on my label	Prescribed by	Date I copied this
Copied from my label	My doctor	Monday 2 November

My steps

Copy each step word for word. Add a new row whenever your prescriber changes something.

Step	Strength, as on my label	How and when to take it, as on my label	From	Until
1	As printed on my label	Copied word for word from my label	The date I start	My next review
2	A new step, if my prescriber adds one	Copied from my new label		
3				
4				
5				
6				

Other instructions on my label

Copy them exactly, including anything about food, drink or other medicines.

Copied from my label, word for word.

Instructions differ between medicines. Follow your prescriber and your label.

Daykin pre-fills nothing on this chart. Ask your pharmacist if anything is unclear.

Refill countdown

Tick off each tablet and see when to ask for your next pack.

Medicine name, as on my label

Pack started on

Tablets in this pack

Repeats left on my prescription

My pharmacy

Ask for my next pack by

My countdown

Tick a box for each tablet you take. Shade any boxes beyond your pack size. Mark the day to ask for more.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

Before I run out

- [ ] Check how many repeats are left on my prescription
- [ ] Book an appointment if I need a new prescription
- [ ] Ask my pharmacy to have my next pack ready

Notes

Refill countdown

Tick off each tablet and see when to ask for your next pack.

Medicine name, as on my label	Pack started on	Tablets in this pack
From my pharmacy label	Sunday 1 November	30

Repeats left on my prescription	My pharmacy	Ask for my next pack by
2	Corner pharmacy	Friday 20 November

My countdown

Tick a box for each tablet you take. Shade any boxes beyond your pack size. Mark the day to ask for more.

1 ✓ 1 Nov	2 ✓ 2 Nov	3 ✓ 3 Nov	4 ✓ 4 Nov	5 ✓ 5 Nov	6 ✓ 6 Nov	7 ✓ 7 Nov
8 ✓ 8 Nov	9 ✓ 9 Nov	10 ✓ 10 Nov	11	12	13	14
15	16	17	18	19	20 Ask today	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

Before I run out

- [x] Check how many repeats are left on my prescription
- [ ] Book an appointment if I need a new prescription
- [ ] Ask my pharmacy to have my next pack ready

Notes

The pharmacy asked me to call two days ahead.