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

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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.