

FOOD AND MOOD TRACKER

Day | Mon | Tue | Wed | Thu | Fri | Sat | Sun
Date

Time	What I ate	Mood before	Mood after	Physical symptoms	Energy (1-10)	Notes

WEEKLY REFLECTION

What meals made you feel your best

Foods to minimize or eliminate

Mindset shifts you noticed

New goals for the coming week

Brain Dump

Example:

Day | Mon | Tue | Wed | **Thu** | Fri | Sat | Sun
Date: **15th May, 2025**

Time	What I ate	Mood before	Mood after	Physical symptoms	Energy (1-10)	Notes
7:30 AM	Oatmeal with banana and almond butter + green tea	Tired, groggy	Calm, focused	Slight bloating	6	Felt more balanced than yesterday.
1:00PM	Grilled chicken wrap, mixed greens, water	Slightly stressed	Re-energized, clear-headed	None	8	Took a walk after eating. Felt great.
4:30PM	Latte + chocolate chip cookie	Fine	Jittery, irritable	Mild headache	4	Craving sugar, probably stress-related.
8:00PM	Baked salmon, quinoa, steamed broccoli	Calm	Satisfied, peaceful	None	9	Did some journaling after dinner.