

Food and Mood Tracker

Food Tracker Introduction

Understanding the factors that contribute to your eating habits can help you take control of the type, amount, and frequency of the foods that you consume. Often we eat to satisfy physical hunger, but sometimes, it's to satisfy a psychological need rather than a physical need. Often we're unaware of the psychological cues that cause us to eat when we're not really hungry. Use this tracker to keep a record of everything you eat and drink (including alcoholic and non-alcoholic drinks) for the next 7 days to help you identify the triggers that make you want to eat when you are not physically hungry. Note all of the following items listed below in the appropriate section of the table:

- Time: Write down what time you ate each meal or snack, or consumed each drink.
- Type of Food/Drink & Quantity: Write down what you ate or drank and how much of it you had.
- Where You Ate/Drank: Write down where you were when you ate or drank.
- Who, What, Why?: Write down who you were with; what you were doing; and why you ate or drank if not for a specific meal.
- 5. What Was Your Mood?: How were you feeling when you ate or drank? Refer to the emoticon images and write down the name of the feeling under the emoticon picture. If your mood is not listed, write in your own description.
- 6. What Was Your Level of Hunger?: (Applies to food only.) How hungry were you when you ate? Reference the hunger scale to figure out where you fit and write down the corresponding number.

Choose Your Mood

Select the emotion that defines your mood when you made each food or beverage choice, whether positive or negative



Angry Anxious



Bored



Excited



Focused



Happy



Overwhelmed



Relaxed



Sad

Choose Your Level of Hunger

Use this hunger scale to rate your level of hunger, and record the number in the, "What Was Your Level of Hunger?" column for each food you had throughout the day.

You're so hungry you'll eat anything you may feel starved, dizzy, crabby, or have a headache.

You are very hungry and unable to concentrate: you can't ignore your hunger any

longer.

You are hungry and ready to eat; vour stomach is growling and you have hunger

pangs.

You begin to feel hungry and it's time to think about what you want to eat, but you feel you can wait.

You are comfortable and feel neither hungry nor full.

You are

full and

satisfied.

You are very full and may have over eaten, but feel satisfied. You know vou will not need to eat for several

hours.

starting to feel uncomfortable.

FFP 5

You're stuffed

and are

You feel very uncomfortable and your clothes may feel tight. You may be tempted to eat more but you know if you continue to eat you'll start to feel sick.

You are painfully full and may even feel sick.

Day/Date of Week	Type of Meal	Time	Type of Food/Drink & Quantity	Where You Ate/Drank	Who, What, Why?	What Was Your Mood?	What Was Your Level of Hunger / Fullness?	
Day/Date: Friday 9/18/20XX	Breakfast	7:30 a.m.	½ c. (cup) oatmeal, 1 c. skim milk, 1 banana	Home	Alone, hungry	Focused	Hunger 3	Fullness 5
	Snack	10:00 a.m.	Candy Bar	Work-desk	Alone, working, stressed	Overwhelmed	5	5
	Lunch	12:00 p.m.	5 oz. salmon, 1 c. quinoa, 1 c. broccoli, dessert	Restaurant	Co-workers, hungry	Excited	2	8
	Snack	5:00 p.m.	5 oz. Greek Yogurt	Work – desk	Alone, working, hungry	Focused	3	5
	Dinner	7:00 p.m.	3 oz. chicken, ½ c. rice, 1 c. mixed veggies, ½ c. fruit salad	Home	Alone, hungry	Focused	3	5
	Drinks	7:30 p.m.	2, 12 oz. beers, 1 bag of low-fat popcorn	Home	Alone in front of TV	Relaxed	5	8
Day/Date:							Hunger	Fullness
Day/Date:							Hunger	Fullness
Day/Date:							Hunger 2	Fullness

Day/Date of Week	Type of Meal	Time	Type of Food/Drink & Quantity	Where You Ate/Drank	Who, What, Why?	What Was Your Mood?	What Was Your Level of Hunger / Fullness?	
Day/Date:							Hunger	Fullness
Day/Date:							Hunger	Fullness
Day/Date:							Hunger	Fullness
Day/Date:							Hunger 3	Fullness