

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:

1. **Time:** Write down what time you ate each meal or snack, or consumed each drink.
2. **Type of Food/Drink & Quantity:** Write down **what** you ate or drank and **how much** of it you had.
3. **Where You Ate/Drank:** Write down **where** you were when you ate or drank.
4. **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



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.



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	Fullness