

## Food and Mood Journal.

What you feel affects what you eat.  
What you eat affects how you feel.

Here is a powerful tool to bring more awareness and intentionality to the process.

I feel	I ate	Now I feel	Time	Feelings (add to this list)
				Angry
				Sad
				Happy
				Elated
				Tired
				Frustrated
				Unappreciated
				Worried
				Anxious
				Overwhelmed
				appreciated
				Un-appreciated
				Judgemental
				resigned
				depressed
				excited
				alone
				invaded
				confused
				calm
				bored
				Self-destructive
				grateful