

Food and Mood Journal

by Dr. Miguel Toribio-Mateas

Date	Time (AM/PM)	Food What have you eaten?	Mood How do you feel?	Mental well-being Score Rate your energy level, mood, and mental clarity from 1 to 5, where 1 is poorest and 5 is best
20/07	12 pm	Sardines on sourdough toast with sauerkraut	A little nervous, excited about the day. Belly feels a little tight.	4 , I'm feeling mostly good and proud that I took care of my body this morning by eating breakfast.