

Name:

Food/Mood Diary for computer analysis

| date | quantity (tsp, Tbsp,cup,oz) of food and beverage (approximate if necessary) | exercise or physical activity (time and distance) | How do you feel? Physically? Emotionally? | medications or supplements |
|--------------------|--|---|---|-------------------------------|
| Breakfast time: | | | | |
| snack time: | | | | |
| Lunch time: | | | | |
| snack time: | | | | |
| Dinner time: | | | | |
| snack time: | | | | |