

Mood and Behavior Log

Date:

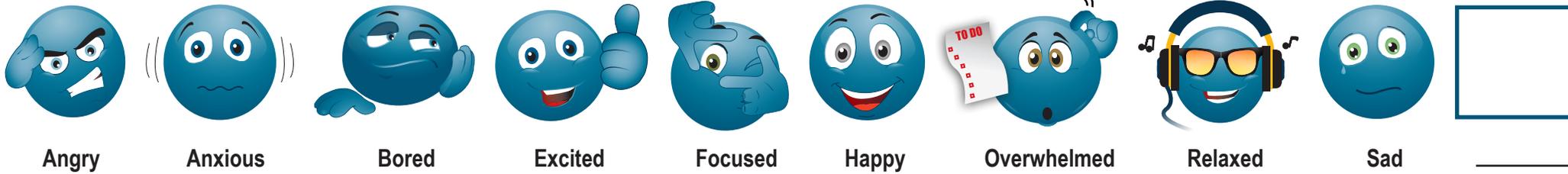
Time of day:

Understanding how your mood affects your eating habits can help you take control of the type and amount of foods that you consume, and the frequency that you consume them. Ever notice that when you're exhausted, you reach for whatever food is most convenient? Or maybe when you're stressed, you eat until the box is completely empty. Identifying patterns between your mood and your eating habits can help you change behaviors that hinder your weight loss goals.

Fill in the information below, preferably around the same time each day. Print or save your worksheet to create your mood and behavior log. Keep the log in a place that will remind you to complete it, or set an alarm on your cellphone or watch. Committing to complete the log at the same time every day will help you identify trends over time – at first, to see what behaviors you want to change; and later, to see your progress!

Choose Your Mood

1. Check the emotion that best defines your mood for the day that impacted your food choices, whether that's positive or negative. If your emotion is not depicted below use the blank box and line to capture how you are feeling.



2. To get a sense of your eating and drinking habits, check off the behaviors that applied to you today:

- | | |
|----------------------|---------------------------|
| Overate | Ate anything I wanted |
| Snacked on junk food | Followed my plan |
| Drank alcohol | Snacked more than planned |
| Skipped a meal | Had little to no appetite |

Notes:

3. Indicate your level of fatigue, stress, sleep, and exercise today, which can affect your mood.

How tired or fatigued did you feel today?				
not at all	slightly	somewhat	mostly	extremely
How was your stress level today?				
very low	low	normal	above normal	intense/chronic
How many hours did you sleep?				
0-4 hours	5-6 hours	7-8 hours	9 hours	10+ hours
What was your level of exercise today?				
none	light	moderate	mod-intense	intense

