

FOOD - MOOD EXERCISE

The Fit and Fearless Female



Throughout the next week, I encourage you to use the food-mood diary to track how different foods affect you physically and mentally, learn which foods are the most supportive for you, and discover which add or drain your energy reserves. Remember, this is not a diet journal: you're not tracking points or grams of fat. Use this exercise to explore how foods affect you and make you feel, not to pass judgment on what or how much you're eating.

Complete one page each day for a week. To use, record the following:

- What time you ate ·What foods/liquids you consumed ·Your feelings before eating: what was your emotional state? Were you hungry? Bored? Anxious? Happy?
- Your feelings after eating & 2 hours after eating: Was the meal satisfying? Did you feel energized Tired?

DATE & TIME	HOW I FELT BEFORE EATING	HOW I FELT AFTER EATING	HOW I FELT 2 HOURS AFTER EATING
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