Food and Mood Journal

Daily reflection • Notice your experiences with curiosity, not judgment.

A gentle reminder

Use only the prompts that feel helpful. No calorie counts, portion measurements, or numerical hunger ratings are needed. If you have an eating disorder or a history of one, ask your treatment team or a qualified eating disorder professional whether journaling is appropriate. Do not delay eating to complete this page. Stop if tracking increases guilt, anxiety, restriction, or compulsive monitoring.

Date or moment:

What was happening around this experience?

Physical cues I noticed (if any):

Feelings, thoughts, or needs I noticed:

Eating experience (optional):

How I felt afterward:

One kind or practical thing that might support me:

Keep your notes private unless you choose to share them. This educational tool is not medical advice, a diagnosis, or an eating disorder treatment plan.

Weekly Reflection

Review your notes only when doing so feels useful. Skip this page if it does not support you.

Week or dates (optional):

What helped me feel nourished, comfortable, or supported?

What circumstances kept appearing in my notes?

What small, realistic change in my routine or support might make those circumstances easier?

One small experiment (optional)

If you want to try something different, choose one practical change. Notice whether it feels supportive, rather than measuring whether you ate less. You do not need to force a conclusion.

If tracking becomes distressing, pause and seek qualified support when needed. Follow any individualized care plan. This journal is optional, not a test of discipline.