

Food • Mood • Body Journal

Keep it simple. Observe without judgment.

**Day 1**

Date _____

Sleep tracking

Bedtime (previous night) _____

Wake time _____

Number of night wakings _____

Water intake One box = 8 oz / about 240 mL☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Record what you drink; the boxes are a tracker, not a daily target.

Body signals: energy, digestion, bowel habits, calm, tension, focus, cravings, sleep.

Breakfast

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____
_____**Lunch**

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____
_____**Dinner**

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

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**Day 2**

Date _____

Sleep tracking

Bedtime (previous night) _____

Wake time _____

Number of night wakings _____

Water intake One box = 8 oz / about 240 mL☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Record what you drink; the boxes are a tracker, not a daily target.

Body signals: energy, digestion, bowel habits, calm, tension, focus, cravings, sleep.

Breakfast

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____
_____**Lunch**

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____
_____**Dinner**

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

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Day 3

Date _____

Sleep tracking

Bedtime (previous night) _____

Wake time _____

Number of night wakings _____

Water intake One box = 8 oz / about 240 mL

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Record what you drink; the boxes are a tracker, not a daily target.

Body signals: energy, digestion, bowel habits, calm, tension, focus, cravings, sleep.

Breakfast

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

Lunch

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

Dinner

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

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**Day 4**

Date _____

Sleep tracking

Bedtime (previous night) _____

Wake time _____

Number of night wakings _____

Water intake One box = 8 oz / about 240 mL☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Record what you drink; the boxes are a tracker, not a daily target.

Body signals: energy, digestion, bowel habits, calm, tension, focus, cravings, sleep.

Breakfast

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

_____**Lunch**

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

_____**Dinner**

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

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Day 5

Date _____

Sleep tracking

Bedtime (previous night) _____

Wake time _____

Number of night wakings _____

Water intake One box = 8 oz / about 240 mL

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Record what you drink; the boxes are a tracker, not a daily target.

Body signals: energy, digestion, bowel habits, calm, tension, focus, cravings, sleep.

Breakfast

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

Lunch

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____

Dinner

Time of meal _____

What you ate / drank _____

Mood before _____

Mood after _____

Body signals _____
