# My Food and Mood Journal

## Use this diary to keep a log of your daily intake to reflect and see patterns which we will guide you through a series of questions and personal work and activities from the six-week online program.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | BREAKFAST | SNACK | LUNCH | SNACK | EVENING MEAL | SNACK | BINGE/ VOMITING | FEELINGS | REFELCTIONS |
| MONDAY |  |  |  |  |  |  |  |  |  |
| TUESDAY |  |  |  |  |  |  |  |  |  |
| WEDNESDAY |  |  |  |  |  |  |  |  |  |
| THURSDAY |  |  |  |  |  |  |  |  |  |
| FRIDAY |  |  |  |  |  |  |  |  |  |
| SATURDAY |  |  |  |  |  |  |  |  |  |
| SUNDAY |  |  |  |  |  |  |  |  |  |