

FITNESS  
*fernwood*®

# FOOD & MOOD

## Journal

Nourish  
your  
Body

Nourish  
your  
Mind

Mindfulness  
& Mindful  
Eating

Finding  
Balance

Stress  
& Success  
Sabotage



A pink background featuring scattered blueberries and a large, stylized red arrow pointing from the journal title towards the central fruit bowl.



2

**FOOD & MOOD**  
*Journal*

**PLEDGE**

I .....  
PLEASE PRINT NAME

**PLEDGE TO FULLY COMMIT MYSELF  
TO THE FOOD & MOOD PROGRAM.**

I promise to keep an open heart as I grow on this journey.  
I am committed to putting my personal wellbeing first,  
to respect myself and my fellow participants,  
be self-compassionate, non-judgemental and trust the  
process, so I can be the best version of myself.

By filling in my Food & Mood journal daily, I commit to be  
completely honest with myself and to my Food Coach as I  
work on my Food & Mood Program goal.

SIGNED

DATE

3

## FOOD & MOOD Journal

# WELCOME

**"You are what you eat, what you drink and what you think"**

You're probably familiar with the phrase 'you are what you eat'. We know that the food you choose to fuel your body with not only affects your metabolism and physique, but also your gut health, mental health and mood. We know this from the work that is being done at the Food & Mood Centre at Deakin University, which underpins our adopted nutritional philosophy for all of our food programs and meal plans.

We also understand the strong correlation between a healthy mind and a healthy body, so we could argue that we are also what we think. How we think and feel about ourselves affects the choices that we make and the actions that we take on a daily basis. And so, it is limiting to focus solely on food and exercise in the journey towards a health or weight loss goal.

Perhaps you have joined Food & Mood to work on your relationship with food, or maybe you have a specific weight management goal, or like many of our members, you're here because you have an interest and enthusiasm for health and wellbeing and you're looking to make positive changes in these areas of your life.

Whatever your intention for being here, please know that your Food & Mood Coach and Fernwood community are here to support you every step of the way.

## FOOD & MOOD Journal

# HOW TO USE THIS JOURNAL

This journal is something to treasure, as it will track your Food & Mood journey. It is a space where you can journal and reflect and work through your tasks and own time activities, as well as your take note of your thoughts, feelings and progress.

### 'Own time' activities (OTAs)

Each week you will see this symbol  in your journal.

Your 'own time' activities will help you progress through the weeks of the program and compliment the work you do in your workshops.

### Daily Food & Mood log

These pages are clearly marked out for each week and provide space for you to log your daily food, drink, sleep, bathroom visits, thoughts and feelings. There is also space in these sections to recite your daily 'Food & Mood mantra' and expressions of gratitude.

If you need any inspiration for mantras, refer to page 17.

### Weekly nutrition tasks

As part of the daily Food & Mood log you will have  check boxes to mark off the completion of your weekly nutrition tasks.

## FOOD & MOOD Journal

### Next level nutrition tasks (optional)

Depending on your goal, you may wish to take your results to the ‘next level’ by adhering to these optional weekly tasks.

#### ‘Anything goes’ meal

From week 2 onwards, you will have the option to pick one (only one) meal in that week, where anything goes. This means that for one meal only, the recipe plans and nutrition tasks do not need apply.

#### Weekly reflection

As you progress on your Food & Mood Program journey, it’s important to reflect what you have learnt each week to track your growth. The weekly reflection allows you to take time to reflect, and to keep track of your learnings.

#### Extra writing space

If you need extra space to complete any of your journal entries, you’ll find some writing space at the back of this journal.

## PROGRAM PREPARATION ACTIVITIES

### Where are you now?

An important part of any program journey is understanding where you are now and where you want to be. Over the coming weeks you will have the opportunity to reflect on your own health and wellbeing, your relationship with food and what it means to you to be healthy. Health and happiness are closely linked to our physical, emotional and mental wellbeing and each contribute to our overall health as well as success in the goals we set out to achieve.

## **FOOD & MOOD** *Journal*

### **The HASS**

#### - Happiness And Satisfaction Survey -

This is purely a subjective measuring tool for overall wellness and wellbeing levels in certain areas of your life. There are no right or wrong scores. Be as honest as possible.

On a scale of 0-10 (with 10 being the highest), how happy and satisfied are you with:

#### **YOUR PHYSICAL BODY/HEALTH/FITNESS**

0	1	2	3	4	5	6	7	8	9	10
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#### **YOUR EMOTIONAL AND MENTAL HEALTH/WELLBEING**

0	1	2	3	4	5	6	7	8	9	10
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#### **YOUR SLEEP HEALTH/QUALITY/QUANTITY**

0	1	2	3	4	5	6	7	8	9	10
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#### **YOUR ABILITY TO IDENTIFY, MANAGE AND COPE WITH STRESS**

0	1	2	3	4	5	6	7	8	9	10
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#### **YOUR PERSONAL RELATIONSHIPS WITH YOUR PARTNER/FAMILY/FRIENDS**

0	1	2	3	4	5	6	7	8	9	10
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#### **YOUR SOCIAL AND LEISURE TIME**

0	1	2	3	4	5	6	7	8	9	10
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#### **YOUR WORK/EMPLOYMENT/CAREER**

0	1	2	3	4	5	6	7	8	9	10
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## FOOD & MOOD Journal

Now take some time to reflect on your answers and identify the 3 areas where you scored the lowest level of happiness and satisfaction.

**1**

**2**

**3**

Now, as honestly as possible, for each of these three areas, answer the following questions:

**Why did you give yourself this score?**

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**What would you like your happiness and satisfaction score to be in this area?**

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## WHERE ARE YOU GOING?

Before you create a SMART goal for your Food & Mood Program in week 1, it is important to get really clear about why you're here and what you intend to achieve.

## **FOOD & MOOD**

*Journal*

The following questions will help you get there.

- 1. Why are you here? If you were to tell a friend why you joined the Food & Mood Program, what would you say? This is your reason for being here, the driving force behind you joining the program.**

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- 2. What do you intend to achieve, or be on your way to achieving by the end of the 6 weeks**

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This intention will underpin your specific program goal. The below examples may help you in coming up with your program intention. Be sure to create an intention that is unique and meaningful to you.

**I want to make mindful, healthy food choices for a healthy future.  
I want to reach a healthy weight that I am happy with.  
I want more energy to enable me to live a higher quality of life.**

An intention should be short, positive and in the future tense.  
My program intention is...

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Week 1

AN INTRODUCTION TO

# YOUR FOOD & MOOD GOAL

- WEEK 1 AFFIRMATION -

"I have fun visualising  
what I want."



## FOOD & MOOD *Journal*

# TURN YOUR INTENTION INTO A MEANINGFUL SMART GOAL

Now that you have a clear reason for being here and know exactly what you want to achieve (or be on your way to achieving) at the end of your Food & Mood Program, it's time to turn your program intention into a goal. An effective goal should:

- + Elicit a positive emotional response
- + Be meaningful, i.e., align with your values and things that are important to you

### MAKE IT SMART.

#### Specific

What exactly will you accomplish?

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#### Measurable

How will you know when you've achieved it?

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## FOOD & MOOD Journal

**Achievable** Is this goal realistic and do you have the resources to achieve it?

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**Relevant** Why is this goal significant and is it meaningful and values-based?

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**Timed** When, specifically, will you achieve the goal by?

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# FOOD & MOOD Journal

# POTENTIAL BARRIERS

**Between you and your journal, what, or who could be a potential barrier to you achieving your goal?**

**Take a moment to reflect on this question and jot down what comes to mind. Be honest and remember there's no judgement.**

# FOOD & MOOD Journal

**Being aware of potential barriers or sabotages from the outset helps you to plan for any setbacks. Take a moment now to write down 3-5 potential barriers and then how you plan to overcome them and stay on track to achieve your goal.**

Potential barrier/setback/sabotage	Action or solution to overcome them



## FOOD & MOOD *Journal*

# YOUR FOOD & MOOD MANTRA

Throughout the coming weeks you will have some days full of breakthroughs, others that seem to plateau, days that you find quite challenging, and perhaps days that don't go to plan. It's important through the process, no matter what the day brings to stay focused and connected at all times and we encourage you to do this through your 'Food & Mood mantra'.

A mantra or affirmation is a short positive statement in the present tense that will keep you focused and aligned with your program goal. Generally, this will be the same or similar statement to your program intention, but uses present tense language such as:

I AM ...

I HAVE ...

MAY I ...

TODAY I ...

I CHOOSE ...

Over the page you will find a whole list of Food & Mood mantras. They are provided for inspiration, should you read one (or more) that resonate with you.

## FOOD & MOOD

*Journal*

# FOOD & MOOD MANTRAS

May I practice self-care.

May I be completely relaxed,  
and my mind and body peaceful  
and calm.

May I enjoy treating myself well.

May I feel great when I take  
care of myself.

May I make time for things  
that make me feel good and  
the people I love.

May I create my reality.

May I create a healthy body  
that I love.

May I create the life that I want.

May I be grateful for my body in all  
that enables me to have and do.

May I be at home in my body.

May nourishment be a  
joyful experience.

May wellness be the natural state  
of my body.

May I do my best and know that  
is always enough.

May I live in the present and be  
confident of the future.

May I take in and give out  
nourishment in perfect balance.

May my body take me everywhere  
easily and effortlessly.

I choose to be proud of myself.

I am learning to relax  
and enjoy myself.

Use the space below to create your own Food & Mood mantra, a short positive statement that affirms your goal as if it already 'is'.

WEEK 1

DATE

FOOD & MOOD  
*Journal*

# DAY 1

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.  
Plus 1 litre for every hour of exercise.

**FOOD & MOOD**  
*Journal***DAY 1**

## DAILY FOOD &amp; MOOD LOG

**NUTRITION TASKS**

- Met water intake  
Litres of water (goal)  Litres of water (actual)   
 Green vegetables with at least 2 meals per day

**NEXT LEVEL NUTRITION TASKS (OPTIONAL)**

- Eliminate alcohol  
 Eliminate refined sugar  
 Reduce coffee and black leaf teas to 1 per day

**REST & DIGEST****NUMBER 2s**

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

**SLEEP**

- Sleep hours from  to   Solid.  Broken.  
 Meditation complete

**MOVEMENT & EXERCISE**

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME	MODE OF ACTIVITY	INTENSITY 0-10

WEEK 1

FOOD & MOOD  
*Journal*

# DAY 1

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 1

DATE

**DAY 2**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

21

**FOOD & MOOD**  
*Journal***DAY 2**

## DAILY FOOD &amp; MOOD LOG

**NUTRITION TASKS**

- Met water intake  
Litres of water (goal)  Litres of water (actual)   
 Green vegetables with at least 2 meals per day

**NEXT LEVEL NUTRITION TASKS (OPTIONAL)**

- Eliminate alcohol  
 Eliminate refined sugar  
 Reduce coffee and black leaf teas to 1 per day

**REST & DIGEST****NUMBER 2s**

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

**SLEEP**

- Sleep hours from  to   Solid.  Broken.  
 Meditation complete

**MOVEMENT & EXERCISE**

0 = NO EFFORT - 10 = MAXIMUM EXERTION

**TIME      MODE OF ACTIVITY****INTENSITY 0-10**


FOOD & MOOD  
*Journal*

## DAY 2

### DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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23

WEEK 1

DATE

FOOD & MOOD  
*Journal*

# DAY 3

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

24

**FOOD & MOOD**  
*Journal*

# DAY 3

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol
- Eliminate refined sugar
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 1

FOOD & MOOD  
*Journal*

DAY 3

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 1

DATE

**DAY 4**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

27

**FOOD & MOOD**  
*Journal***DAY 4**

## DAILY FOOD &amp; MOOD LOG

**NUTRITION TASKS**

- Met water intake  
Litres of water (goal)  Litres of water (actual)   
 Green vegetables with at least 2 meals per day

**NEXT LEVEL NUTRITION TASKS (OPTIONAL)**

- Eliminate alcohol  
 Eliminate refined sugar  
 Reduce coffee and black leaf teas to 1 per day

**REST & DIGEST****NUMBER 2s**

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

**SLEEP**

- Sleep hours from  to   Solid.  Broken.  
 Meditation complete

**MOVEMENT & EXERCISE**

0 = NO EFFORT - 10 = MAXIMUM EXERTION

**TIME      MODE OF ACTIVITY****INTENSITY 0-10**


FOOD & MOOD  
*Journal*

# DAY 4

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 1

DATE

FOOD & MOOD  
*Journal*

# DAY 5

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

30  
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**FOOD & MOOD**  
*Journal*

# DAY 5

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol
- Eliminate refined sugar
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 1

FOOD & MOOD  
*Journal*

DAY 5

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 1

DATE

**DAY 6**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**FOOD & MOOD**  
*Journal***DAY 6**

## DAILY FOOD &amp; MOOD LOG

**NUTRITION TASKS**

- Met water intake  
Litres of water (goal)  Litres of water (actual)   
 Green vegetables with at least 2 meals per day

**NEXT LEVEL NUTRITION TASKS (OPTIONAL)**

- Eliminate alcohol  
 Eliminate refined sugar  
 Reduce coffee and black leaf teas to 1 per day

**REST & DIGEST****NUMBER 2s**

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

**SLEEP**

- Sleep hours from  to   Solid.  Broken.  
 Meditation complete

**MOVEMENT & EXERCISE**

0 = NO EFFORT - 10 = MAXIMUM EXERTION

**TIME      MODE OF ACTIVITY****INTENSITY 0-10**


FOOD & MOOD  
*Journal*

# DAY 6

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 1

DATE

FOOD & MOOD  
*Journal*

# DAY 7

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

## FOOD & MOOD Journal

# DAY 7

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol
- Eliminate refined sugar
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 1x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

DAY 7

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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# FOOD & MOOD Journal

# DAY 7

## DAILY FOOD & MOOD LOG

## **TODAY I AM GRATEFUL FOR ...**

**FOOD & MOOD**  
*Journal*

**WEEK 2**  
**REFLECTION**



OTAs



Daily Food & Mood log

**My breakthrough moment this week was ...**

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**This week I am celebrating ...**

Insert your 'win', no matter how big or small and comment how you will celebrate.

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FOOD & MOOD  
Journal

WEEK 2  
REFLECTION

My challenges this week were...

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This week I noticed/learnt...

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Week 2

# NOURISH YOUR BODY

- WEEK 2 AFFIRMATION -

"I choose to nourish my body."



## MAKE SIMPLE SWAPS

One of your tasks in week 1 was to start making ‘simple swaps’ to find more nutritious, though still delicious, alternatives for certain foods we know to be generally unhealthy.

How is this process going for you? Are you excited and willing for the changes or do you sense some resistance towards it?

Reflect for a moment.

- + What did you find easy and why?
- + What did you find challenging and why?

## EAT GREENS WITH AT LEAST 2 MEALS PER DAY

Whether your goal is to boost health, manage weight or simply feel more energised, green vegetables are the heroes of any healthy nutrition program and they feature largely in the Mediterranean way of eating.

The highlighted food focus for this week is green vegetables. These superfoods are super cool and here's why.

**They are a source of dietary fibre.** Fibre supports regular bowel movements, helping to remove waste product and toxins from the body. Fibre also keeps us feeling fuller and more satisfied for longer, aiding in healthy blood sugar management.

## **FOOD & MOOD** *Journal*

### **They are...well, green!**

Meaning that they contain the green pigment chlorophyll which is a powerful antioxidant

### **They are naturally alkalizing.**

This means they support healthy fluid pH levels.

### **They provide nutrient dense energy.**

Though green vegetables are low in calories, they are high in nutrient worth!

Make a list of your favourite green vegetables below and make a plan for them to feature in at least 2 meals per day in your meal planner. If you are following the pre-set recipe plans, we've already taken care of this for you.

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WEEK 2

DATE

FOOD & MOOD  
*Journal*

# DAY 8

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**FOOD & MOOD**  
*Journal*

# DAY 8

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- I am making 'simple swaps'
- 'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol
- Eliminate refined sugar
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

# DAY 8

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 2

DATE

**DAY 9**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 11

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- I am making 'simple swaps'
- 'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol
- Eliminate refined sugar
- Reduce coffee and black leaf teas to 1 per day

#### REST & DIGEST

##### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

##### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

# DAY 11

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 2

DATE

FOOD & MOOD  
*Journal*

# DAY 10

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**FOOD & MOOD**  
*Journal*

# DAY 10

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
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- I am making 'simple swaps'
- 'Anything goes' meal

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WEEK 2

FOOD & MOOD  
*Journal*

# DAY 10

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 2

DATE

**DAY 11**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 11

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

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Litres of water (goal)  Litres of water (actual)
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0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

# DAY 11

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 2

DATE

FOOD & MOOD  
*Journal*

DAY 12

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**FOOD & MOOD**  
*Journal*

# DAY 12

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- I am making 'simple swaps'
- 'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

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- Eliminate refined sugar
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

# DAY 12

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 2

DATE

# DAY 13

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**FOOD & MOOD**  
*Journal*

# DAY 13

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
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#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

# DAY 13

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 2

DATE

FOOD & MOOD  
*Journal*

DAY 14

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**FOOD & MOOD**  
*Journal*

# DAY 14

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
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- I am making 'simple swaps'
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### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


WEEK 2

FOOD & MOOD  
*Journal*

DAY 14

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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# FOOD & MOOD Journal

WEEK 2

# DAY 14

## DAILY FOOD & MOOD LOG

**TODAY I AM GRATEFUL FOR ...**

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**FOOD & MOOD**  
*Journal*

**WEEK 2**  
**REFLECTION**



OTAs



Daily Food & Mood log

**My breakthrough moment this week was ...**

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**This week I am celebrating ...**

Insert your 'win', no matter how big or small and comment how you will celebrate.

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WEEK 2  
REFLECTION

My challenges this week were...

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This week I noticed/learnt...

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Week 3

# NOURISH YOUR MIND

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## - WEEK 3 AFFIRMATION -

"I pay attention to my thoughts  
and feelings."



## FOOD & MOOD *Journal*

# FOOD - FRIEND OR FOE?

In your own words, how would you describe your relationship with food. Take some time this week to contemplate your answer. Do you see food as a friend or foe? Be as honest with yourself as possible. Perhaps one or more of the following sentences resonates with you...

- + 'I love food and live to eat.'
- + 'I eat to live. Food is functional and I can take it or leave it.'
- + 'I'm constantly thinking about how much I'm eating and how it will affect my body weight.'
- + 'I often forget to eat. It's not something I think about until I'm hungry or someone reminds me.'
- + 'I only need to look at a cake and I gain weight.'
- + 'I'm never not on a diet. I am scared of losing control and gaining weight.'
- + 'My body is a temple.'

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**FOOD & MOOD**  
*Journal*

## YOUR RELATIONSHIP WITH YOURSELF

What we think and feel about ourselves impacts upon many areas of our lives. Our thoughts and feelings have a direct impact on the actions that we take, the decisions that we make and the outcomes we create.

### HOW WOULD YOU DESCRIBE YOUR RELATIONSHIP WITH YOURSELF?

Take some time this week to answer this question. Perhaps it will be useful for you to observe the following ahead of your response:

How often do you practice self-compassion versus self-judgement?

How do you speak to yourself on a regular basis?

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## FOOD & MOOD Journal

# YOUR INTERNAL DIALOGUE

We have over 60,000 thoughts per day. Many of these thoughts are on repeat and are less than positive, where we experience repeated self-critical and self-sabotaging internal chatter.

What do you think or say about yourself on a regular basis about:

### 1. Food?

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### 2. Yourself?

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Take note of your internal dialogue, the things you say to yourself and the language that you use. If you would like to, write it down.

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## RE-PROGRAM YOUR INTERNAL THOUGHTS

Take conscious control of the internal chatter to positively program and rewire the unconscious mind. Based on the previous exercises, what statements (mantras/affirmations) could you adopt and commit to in order to change the internal chatter you have towards food and yourself, to serve you and your Food & Mood goal? Write these below:

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## EAT ‘RAINBOW FOODS’ WITH AT LEAST 3 MEALS PER DAY

The highlighted food focus for this week is ‘rainbow foods’ – these are colourful fruits and vegetables that have a high nutrient value. Full of vitamins, minerals and powerful antioxidants by the way of phytonutrients, also known as natural plant chemicals, which provide our body with nourishment to be healthy and balanced.

Examples are:

**Red, purple and blue fruits** such as berries

**Orange, yellow and red vegetables** such as peppers, carrots, oranges, pumpkin, beetroot and squash

**Green and white vegetables** such as lettuce, spinach, broccoli, asparagus, cauliflower, zucchini, sprouts and spring greens

Where in your daily diet are rainbow foods a feature? Take note and make adjustments where necessary.

WEEK 3

FOOD & MOOD  
*Journal*

DATE

DAY 15

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 15

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Maintain 'simple swaps'  'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Reduce coffee and black leaf teas to 1 per day

#### REST & DIGEST

##### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

##### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


WEEK 3

FOOD & MOOD  
*Journal*

DAY 15

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 3

FOOD & MOOD  
*Journal*

DATE

# DAY 16

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 16

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Maintain 'simple swaps'  'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

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#### MOVEMENT & EXERCISE

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##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


FOOD & MOOD  
*Journal*

# DAY 16

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 3

FOOD & MOOD  
*Journal*

DATE

DAY 17

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 17

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
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#### MOVEMENT & EXERCISE

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##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


WEEK 3

FOOD & MOOD  
*Journal*

DAY 17

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 3

FOOD & MOOD  
*Journal*

DATE

DAY 18

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

## FOOD & MOOD

*Journal*

# DAY 18

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Maintain 'simple swaps'  'Anything goes' meal

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### REST & DIGEST

#### NUMBER 2s

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#### SLEEP

- Sleep hours from  to   Solid.  Broken.
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### MOVEMENT & EXERCISE

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#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


FOOD & MOOD  
*Journal*

# DAY 18

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 3

FOOD & MOOD  
*Journal*

DATE

DAY 19

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 19

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Maintain 'simple swaps'  'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
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#### REST & DIGEST

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##### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


WEEK 3

FOOD & MOOD  
*Journal*

DAY 19

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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**FOOD & MOOD**  
*Journal*

WEEK 3

DATE

# DAY 20

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

## FOOD & MOOD

*Journal*

# DAY 20

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Maintain 'simple swaps'  'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
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#### NUMBER 2s

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#### SLEEP

- Sleep hours from  to   Solid.  Broken.
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### MOVEMENT & EXERCISE

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#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


FOOD & MOOD  
*Journal*

# DAY 20

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 3

DATE

FOOD & MOOD  
*Journal*

DAY 21

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 21

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Maintain 'simple swaps'  'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
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#### REST & DIGEST

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#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10


WEEK 3

FOOD & MOOD  
*Journal*

# DAY 21

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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# FOOD & MOOD Journal

# DAY 21

## DAILY FOOD & MOOD LOG

## **TODAY I AM GRATEFUL FOR ...**

97

**FOOD & MOOD**  
*Journal*

**WEEK 3**  
**REFLECTION**



OTAs



Daily Food & Mood log

**My breakthrough moment this week was ...**

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**This week I am celebrating ...**

Insert your 'win', no matter how big or small and comment how you will celebrate.

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**FOOD & MOOD**  
*Journal*

**WEEK 3**  
**REFLECTION**

**My challenges this week were...**

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**This week I noticed/learnt...**

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Week 4

# MINDFULNESS & MINDFUL EATING

- WEEK 4 AFFIRMATION -

"I observe my thoughts and actions  
without judging them."



## FOOD & MOOD *Journal*

# MEANING OF MINDFULNESS

In your own words:

**What does mindfulness mean to you?**

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**What is mindful eating to you?**

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**How do you think mindfulness and mindful eating support you to achieve your Food & Mood goal?**

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**FOOD & MOOD**  
*Journal*

## INTERPRETING FOOD LABELS

One of the additional resources for this week was on food labels. When we choose foods from the food groups table and closely follow the Mediterranean way of eating, which focuses on fresh wholefoods, you significantly reduce your intake of processed and packaged foods. But having an understanding of food labels is also very useful when it comes to making choices in alignment with your goals.

**What did you find useful about the food labels resource document?**

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**How has this resource helped you with your Food & Mood goal?**

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## PORTION CONTROL AND PORTION AWARENESS

This week we also discussed simple ways to be mindful and aware of portions for balanced meals.

**How did you benefit from this discussion/information?**

**How will it help you personally on your Food & Mood journey?**

  

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## MEAL PLANNING AND PREP

**Planning and preparation are key when it comes to making changes to anything in life, especially your nutrition. What's important is to find what works for you and your lifestyle.**

**Here are some ways that might work for you:**

- + Commit to a dedicated day each week for meal planning, making the list and shopping.
- + Choose recipes and meals that provide leftovers for lunch or another meal the following day.
- + Batch cooking: doubling recipes or using recipes that make more than you need and refrigerate or freeze leftovers for easy access later in the week.

## FOOD & MOOD *Journal*

Choose one or a combination from the list on the previous page (or any other plan that will work for you) and create your plan below.

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## CHOOSE POWERFUL PROTEINS

The highlighted food focus for this week is 'Powerful proteins'. Proteins, both from vegetable and animal sources are an important part of a healthy, balanced diet. Proteins are the building blocks of our physical body, as well as hormones, enzymes and the immune system. They help us to feel full and keep our blood sugar balanced.

A reminder of our Food & Mood recommended sources of protein are from wholefood sources such as pulses and legumes (beans, peas, lentils), tofu, lean meats, eggs, fish, shellfish, feta, goat cheese, Greek yogurt and spirulina. Where possible, avoid choosing highly processed animal products.

Refer to the food groups table (resource from week 1) for more powerful proteins recommended for your Food & Mood journey.

**Where in your daily diet are powerful proteins a feature?  
Take note and make adjustments where necessary.**

WEEK 4

FOOD & MOOD  
*Journal*

DATE

DAY 22

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

106

**FOOD & MOOD**  
*Journal*

# DAY 22

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Powerful proteins  Maintain 'simple swaps'
- 'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME	MODE OF ACTIVITY	INTENSITY 0-10

107

WEEK 4

FOOD & MOOD  
*Journal*

DAY 22

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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108

**FOOD & MOOD**  
*Journal*

WEEK 4

DATE

**DAY 23**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

109

**FOOD & MOOD**  
*Journal*

# DAY 23

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Powerful proteins  Maintain 'simple swaps'
- 'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

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#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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110

WEEK 4

FOOD & MOOD  
*Journal*

# DAY 23

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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111

WEEK 4

FOOD & MOOD  
*Journal*

DATE

DAY 24

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

112



**FOOD & MOOD**  
*Journal*

# DAY 24

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Powerful proteins  Maintain 'simple swaps'
- 'Anything goes' meal

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#### SLEEP

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#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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113

WEEK 4

FOOD & MOOD  
*Journal*

DAY 24

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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114

**FOOD & MOOD**  
*Journal*

WEEK 4

DATE

**DAY 25**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

115

**FOOD & MOOD**  
*Journal*

# DAY 25

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
 Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Powerful proteins  Maintain 'simple swaps'
- 'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

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#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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WEEK 4

FOOD & MOOD  
*Journal*

# DAY 25

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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117

WEEK 4

FOOD & MOOD  
*Journal*

DATE

DAY 26

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

118

**FOOD & MOOD**  
*Journal*

# DAY 26

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Powerful proteins  Maintain 'simple swaps'
- 'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10


119

WEEK 4

FOOD & MOOD  
*Journal*

# DAY 26

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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120



**FOOD & MOOD**  
*Journal*

WEEK 4

DATE

**DAY 27**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

# FOOD & MOOD

*Journal*

## DAY 27

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Powerful proteins  Maintain 'simple swaps'
- 'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

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##### SLEEP

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##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10

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122

WEEK 4

FOOD & MOOD  
*Journal*

# DAY 27

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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123



WEEK 4

FOOD & MOOD  
*Journal*

DATE

DAY 28

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

124



**FOOD & MOOD**  
*Journal*

# DAY 28

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
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### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME	MODE OF ACTIVITY	INTENSITY 0-10

125

WEEK 4

FOOD & MOOD  
*Journal*

DAY 28

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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126



# FOOD & MOOD Journal

# DAY 28

## DAILY FOOD & MOOD LOG

## TODAY I AM GRATEFUL FOR ...

127

**FOOD & MOOD**  
*Journal*

**WEEK 4**  
**REFLECTION**



OTAs



Daily Food & Mood log

**My breakthrough moment this week was ...**

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**This week I am celebrating ...**

Insert your 'win', no matter how big or small and comment how you will celebrate.

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**FOOD & MOOD**  
*Journal*

**WEEK 4**  
**REFLECTION**

**My challenges this week were...**

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**This week I noticed/learnt...**

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Week 5

# FINDING BALANCE

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## - WEEK 5 AFFIRMATION -

"May my mind and body  
be in perfect balance."



## FOOD & MOOD *Journal*

# WORK-LIFE BALANCE

Life is busy! There is no doubt that as women we are skilled at spinning more than one plate and juggling a busy schedule. Sometimes, one of the first things to be sacrificed at the expense of others is our own self-care and focus and attention on our nutrition and other aspects of wellness.

It's only natural that something has to give. We can only juggle so much, but being aware of the balance or lack thereof in our lives can help us to take control and make changes to better serve us to achieve our goals.

Below, rank the areas of your life you give the majority of your time and energy to:

(1 = least energy/time, 10 = most energy/time)

<b>HEALTH &amp; FITNESS</b>	1	2	3	4	5	6	7	8	9	10
<b>FAMILY &amp; FRIENDS</b>	1	2	3	4	5	6	7	8	9	10
<b>LOVE LIFE</b>	1	2	3	4	5	6	7	8	9	10
<b>CAREER &amp; FINANCES</b>	1	2	3	4	5	6	7	8	9	10
<b>HOME &amp; HABITAT</b> (incl. chores)	1	2	3	4	5	6	7	8	9	10
<b>SLEEP</b>	1	2	3	4	5	6	7	8	9	10
<b>HOBBIES &amp; PASSIONS</b>	1	2	3	4	5	6	7	8	9	10
<b>PERSONAL DEVELOPMENT</b>	1	2	3	4	5	6	7	8	9	10

## FOOD & MOOD Journal

Reflect on the areas that are having an impact on your work-life balance and perhaps take away from time you could otherwise put into meal prep or staying motivated and on top of your goal. What steps can you take to make changes to find more balance in those areas that need it?

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## BLOOD SUGAR BALANCE

As well as balance in life, we need balance in body.

### Nutrition task: Choose low GL foods

Blood sugar balance is the key food topic of this week. Blood sugar is controlled by the seesawing actions of hormones, in particular insulin and glucagon. Whether your goal is inner health, weight management or both. Blood sugar balance is part of the recipe for success.

Refer to the food groups table (resource from week 1 for a list of recommended low GL carbs).

**Take note where low glycaemic load foods and proteins feature in your daily diet this week and make adjustments where necessary to accommodate them.**

WEEK 5

DATE

FOOD & MOOD  
*Journal*

DAY 29

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

134

**FOOD & MOOD**  
*Journal*

# DAY 29

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Maintain 'simple swaps'  'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Eliminate heavily processed foods
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME	MODE OF ACTIVITY	INTENSITY 0-10
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135

WEEK 5

FOOD & MOOD  
*Journal*

DAY 29

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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136

**FOOD & MOOD**  
*Journal*

WEEK 5

DATE

# DAY 30

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

137

# FOOD & MOOD

*Journal*

## DAY 30

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
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- Rainbow foods with at least 3 meals per day
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##### SLEEP

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#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10

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138



WEEK 5

FOOD & MOOD  
*Journal*

# DAY 30

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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139

WEEK 5

DATE

FOOD & MOOD  
*Journal*

DAY 31

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

140

**FOOD & MOOD**  
*Journal*

# DAY 31

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
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- Choosing powerful proteins  Choosing low GL carbohydrates
- Maintain 'simple swaps'  'Anything goes' meal

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- Eliminate alcohol  Eliminate refined sugar
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### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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WEEK 5

FOOD & MOOD  
*Journal*

DAY 31

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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142

**FOOD & MOOD**  
*Journal*

WEEK 5

DATE

**DAY 32**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

143

# FOOD & MOOD

*Journal*

## DAY 32

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
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##### SLEEP

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#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME	MODE OF ACTIVITY	INTENSITY 0-10
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<input type="text"/>	<input type="text"/>	<input type="text"/>

144

WEEK 5

FOOD & MOOD  
*Journal*

# DAY 32

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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145

WEEK 5

DATE

FOOD & MOOD  
*Journal*

DAY 33

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

146

**FOOD & MOOD**  
*Journal*

# DAY 33

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Maintain 'simple swaps'  'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Eliminate heavily processed foods
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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<input type="text"/>	<input type="text"/>	<input type="text"/>

147

WEEK 5

FOOD & MOOD  
*Journal*

DAY 33

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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148

**FOOD & MOOD**  
*Journal*

WEEK 5

DATE

**DAY 34**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

149

# FOOD & MOOD

*Journal*

## DAY 34

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Maintain 'simple swaps'  'Anything goes' meal

#### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Eliminate heavily processed foods
- Reduce coffee and black leaf teas to 1 per day

#### REST & DIGEST

##### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

##### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10

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150

WEEK 5

FOOD & MOOD  
*Journal*

# DAY 34

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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151

WEEK 5

DATE

FOOD & MOOD  
*Journal*

DAY 35

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

152



**FOOD & MOOD**  
*Journal*

**DAY 35**

## DAILY FOOD &amp; MOOD LOG

**NUTRITION TASKS**

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Maintain 'simple swaps'  'Anything goes' meal

**NEXT LEVEL NUTRITION TASKS (OPTIONAL)**

- Eliminate alcohol  Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Eliminate heavily processed foods
- Reduce coffee and black leaf teas to 1 per day

**REST & DIGEST****NUMBER 2s**

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

**SLEEP**

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

**MOVEMENT & EXERCISE**

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME	MODE OF ACTIVITY	INTENSITY 0-10
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<input type="text"/>	<input type="text"/>	<input type="text"/>

153

WEEK 5

FOOD & MOOD  
*Journal*

DAY 35

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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154



# FOOD & MOOD Journal

WEEK 5

# DAY 35

## DAILY FOOD & MOOD LOG

**TODAY I AM GRATEFUL FOR ...**

155

**FOOD & MOOD**  
*Journal*

**WEEK 5**  
**REFLECTION**



OTAs



**Daily Food & Mood log**

**My breakthrough moment this week was ...**

**This week I am celebrating ...**

Insert your 'win', no matter how big or small and comment how you will celebrate.

**FOOD & MOOD**  
*Journal*

**WEEK 5**  
**REFLECTION**

**My challenges this week were...**

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**This week I noticed/learnt...**

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Week 6

# STRESS & SUCCESS SABOTAGE

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## - WEEK 6 AFFIRMATION -

"I am grounded, calm  
and centred."



## ESSENTIAL AND HEALTHY FATS

### Nutrition task: Choose essential and healthy fats

The highlighted food focus for this week is 'essential and healthy fats', including unsaturated fats such as omega-3 essential fatty acids from oily fish, eggs, flaxseeds and avocado. Known to support brain health, the immune system, and cardiovascular health, they also help to promote fat loss (hooray, if that's your goal). Omega 6 and 9 fatty acids found in seeds, nuts and olives also play an important role in our health. Many Mediterranean foods naturally contain good levels of unsaturated fats. In moderation, saturated fats from animal products and coconut oil are also beneficial and provide essential fats and soluble vitamins such as vitamins A and E.

Refer to the food groups table (resource from week 1) for more recommended sources of essential and healthy fats.

Where in your daily diet do essential/healthy fats feature? Take note and make adjustments to include these daily where necessary.

## SELF-SABOTAGE

Congratulations on reaching week 6 of your Food & Mood program. Perhaps over the last few weeks you have come up against some success sabotaging (or potentially sabotaging) behaviours, situations, people or circumstances. In week 1, you were asked to list on some potential barriers to reaching your Food & Mood goal.

## FOOD & MOOD Journal

Did any of those barriers present? If so, how did you deal with them?

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Were self-sabotaging behaviours on your original ‘barriers’ list? If so, did you notice any self-sabotaging behaviours over recent weeks and how have you dealt with them? Reflect below.

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## STRESS AND EMOTIONAL EATING

Stress is something we all face and deal with on a daily basis. For some of us, the stresses, challenges and frustrations we face day-to-day can interfere with our success and sabotage our results in a number of ways, including:

- + Divert our energy and attention elsewhere
- + Disrupt sleep
- + Increase appetite
- + Decrease appetite
- + Inspire emotional eating
- + Cause sugar cravings
- + Increase cortisol and insulin (storage hormones)



## FOOD & MOOD Journal

The first step to mitigating the negative effects of stress is to be aware of our sources of stress:

**What are the stresses, challenges, frustrations, people, things or situations that cause you to feel stressed daily? Be honest.**

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**How does the stress induced by these affect your thoughts and feelings?**

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Emotional or stress eating is when food is used to help deal with certain emotions or stressful situations. It is something that we may or may not be aware we are doing. Often, emotional eating is automatic, habitual or tied in to memories.

**Take a moment to reflect on if/how stress and/or certain emotions affect your eating patterns and food choices.**

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## FOOD & MOOD Journal

**When stress arises in the future, how will you choose to deal with it and help prevent it from affecting your food and mood?**

**Some of these tools might resonate with you:**

- + Meditation
  - + Deep breathing
  - + Exercise
  - + Mindfulness activities
  - + Growth mindset
  - + Choose to think differently
  - + Choose to act differently
  - + Step away from the situation
  - + Accept and let go
  - + Focus on solutions
  - + Choose a mantra
  - + Remember your goal and your intention
  - + Stay in your own lane – keep focused
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**If you've noticed emotional/stress eating is something that affects you, take a moment to make a note on how you could manage this in the future and stay in alignment with your goal.**

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## FOOD & MOOD Journal

# SLEEP HEALTH

Getting enough quality sleep is an essential human need.

We rejuvenate and regenerate when we sleep, and this includes adapting to food and exercise. If fat loss is your goal, it's during good sound sleep your body will respond most. Poor sleep is a form of stress and can impact upon your health and weight goals.

**How can you improve your sleep environment and sleep health?**

**Choose one factor you know is affecting your health that you can change each week.**

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**FOOD & MOOD**  
*Journal*

## **BE KIND TO YOURSELF, ALWAYS**

In preparation for your program, we spoke about celebrating the wins throughout your journey and knowing that there would be good days, mediocre days and even challenging days that would test your commitment to yourself and your goal. No matter the kinds of days you face in the future, remember to be kind and compassionate to yourself throughout.

**Note below a time when you deserved your own loving kindness and understanding, throughout the last 6 weeks. Were you:**

- A) KIND AND COMPASSIONATE?**
- B) HARD ON YOURSELF OR THE SITUATION?**

**If you chose A, how has this supported you to getting closer to your goal.**

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**If you chose b, how could you have been kinder to yourself with these words in mind: understanding, accepting, forgiving?**

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## FOOD & MOOD *Journal*

# JOURNEY REFLECTION

### Congratulations!

Over the past 6 weeks you have taken some powerful steps to create foundational food and mood habits for success now and in the future.

Our intention was to support you through education, motivation and accountability, to move away from a culture of fad diets and deprivation and create healthful habits around nourishing your body and your mind. We trust that you gained all that you need/wanted and more to reach your program goal.

**Take a moment to recall the instant you decided to join this program. Do you notice a difference in the dominant thoughts and feelings you had back then compared to now? Comment below.**

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**Take a moment to reflect on your SMART program goal. Have you achieved your goal? Or have you still some way to go?**

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**Is there anything you would consider differently if and when you create your next SMART goal?**

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**FOOD & MOOD**  
*Journal*

## The HASS

- Happiness And Satisfaction Survey -

Complete the HASS below and compare to your results from the start of the program.

This is purely a subjective measuring tool for overall wellness and wellbeing levels in certain areas of your life. There are no right or wrong scores. Be as honest as possible.

On a scale of 0-10 (10 being highest), how happy and satisfied are you with:

**YOUR PHYSICAL BODY/HEALTH/FITNESS**

0    1    2    3    4    5    6    7    8    9    10

**YOUR EMOTIONAL AND MENTAL HEALTH/WELLBEING**

0    1    2    3    4    5    6    7    8    9    10

**YOUR SLEEP HEALTH/QUALITY/QUANTITY**

0    1    2    3    4    5    6    7    8    9    10

**YOUR ABILITY TO IDENTIFY, MANAGE AND COPE WITH STRESS**

0    1    2    3    4    5    6    7    8    9    10

**YOUR PERSONAL RELATIONSHIPS WITH YOUR PARTNER/FAMILY/FRIENDS**

0    1    2    3    4    5    6    7    8    9    10

**YOUR SOCIAL AND LEISURE TIME**

0    1    2    3    4    5    6    7    8    9    10

**YOUR WORK/EMPLOYMENT/CAREER**

0    1    2    3    4    5    6    7    8    9    10

**Finally, what would you say now to the you of 6 weeks ago?**

**Any words of advice, or messages of encouragement?**

WEEK 6

FOOD & MOOD  
*Journal*

DATE

DAY 36

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

168



**FOOD & MOOD**  
*Journal*

# DAY 36

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Choosing essential and healthy fats
- Maintain 'simple swaps'  'Anything goes' meal

### NEXT LEVEL NUTRITION TASKS (OPTIONAL)

- Eliminate alcohol  Eliminate refined sugar
- No hydrogenated/trans fats  No heavily processed foods
- Reduce coffee and black leaf teas to 1 per day

### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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WEEK 6

FOOD & MOOD  
*Journal*

DAY 36

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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170

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**FOOD & MOOD**  
*Journal*

**WEEK 6**

**DATE**

**DAY 37**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**171**

# FOOD & MOOD

*Journal*

## DAY 37

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
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#### REST & DIGEST

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##### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

TIME      MODE OF ACTIVITY

INTENSITY 0-10

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172

WEEK 6

FOOD & MOOD  
*Journal*

DAY 37

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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WEEK 6

FOOD & MOOD  
*Journal*

DATE

DAY 38

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

174



**FOOD & MOOD**  
*Journal*

# DAY 38

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Choosing essential and healthy fats
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### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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<input type="text"/>	<input type="text"/>	<input type="text"/>

175

WEEK 6

FOOD & MOOD  
*Journal*

DAY 38

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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176

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**FOOD & MOOD**  
*Journal*

**WEEK 6**

**DATE**

**DAY 39**

**DAILY FOOD & MOOD LOG**

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**177**

# FOOD & MOOD

*Journal*

## DAY 39

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
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- 1-3x per day.  More than 3x per day.  Less than 3x per day.

##### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

#### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10

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178

WEEK 6

FOOD & MOOD  
*Journal*

# DAY 39

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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179

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WEEK 6

DATE

FOOD & MOOD  
*Journal*

# DAY 40

## DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

180



**FOOD & MOOD**  
*Journal*

# DAY 40

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
- Choosing essential and healthy fats
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#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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<input type="text"/>	<input type="text"/>	<input type="text"/>

181

WEEK 6

FOOD & MOOD  
*Journal*

# DAY 40

## DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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182



**FOOD & MOOD**  
*Journal*

**WEEK 6**

**DATE**

**DAY 41**

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

**183**

# FOOD & MOOD

*Journal*

## DAY 41

### DAILY FOOD & MOOD LOG

#### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
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0 = NO EFFORT - 10 = MAXIMUM EXERTION

##### TIME      MODE OF ACTIVITY

##### INTENSITY 0-10

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184

WEEK 6

FOOD & MOOD  
*Journal*

DAY 41

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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TODAY I AM GRATEFUL FOR ...

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185

WEEK 6

DATE

FOOD & MOOD  
*Journal*

DAY 42

DAILY FOOD & MOOD LOG

MEAL	TIME	FOOD	DRINK
BREAKFAST			
MID-MORNING			
LUNCH			
MID-AFTERNOON			
EVENING			
OTHER			

**REMINDER** Remember to aim for 30mL of water per 1kg of body weight each day.

186



**FOOD & MOOD**  
*Journal*

# DAY 42

## DAILY FOOD & MOOD LOG

### NUTRITION TASKS

- Met water intake  
Litres of water (goal)  Litres of water (actual)
- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing powerful proteins  Choosing low GL carbohydrates
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### REST & DIGEST

#### NUMBER 2s

- 1-3x per day.  More than 3x per day.  Less than 3x per day.

#### SLEEP

- Sleep hours from  to   Solid.  Broken.
- Meditation complete

### MOVEMENT & EXERCISE

0 = NO EFFORT - 10 = MAXIMUM EXERTION

#### TIME      MODE OF ACTIVITY

#### INTENSITY 0-10

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187

WEEK 6

FOOD & MOOD  
*Journal*

DAY 42

DAILY FOOD & MOOD LOG

TODAY I AM FEELING ...

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TODAY MY FOOD & MOOD MANTRA IS ...

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188



# FOOD & MOOD Journal

WEEK 6

# DAY 42

## DAILY FOOD & MOOD LOG

## **TODAY I AM GRATEFUL FOR ...**

189

# FOOD & MOOD Journal

# WEEK 6

# REFLECTION



## OTAs



## Daily Food & Mood log

**My breakthrough moment this week was ...**

### This week I am celebrating ...

Insert your 'win', no matter how big or small and comment how you will celebrate.

FOOD & MOOD  
Journal

WEEK 6  
REFLECTION

My challenges this week were...

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This week I noticed/learnt...

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FOOD & MOOD  
Journal

Well done  
on completing your  
**FOOD & MOOD**  
program!

On behalf of your Fernwood club  
and community, congratulations!

FITNESS  
*fernwood*®

# FOOD & MOOD Journal

## Notes

193

# FOOD & MOOD Journal

## Notes

194

# FOOD & MOOD Journal

## Notes

195

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