



WORKING FOR A HEALTHIER TN



Weekly Food Journal

Fill in your meals/snacks/beverages along with emotion felt before, during, and/or after

	Example	MONDAY	TUESDAY	WEDNESDAY
MEAL	<i>Toast with peanut butter Banana</i>			
	Emotion: <i>content</i>	Emotion:	Emotion:	Emotion:
MEAL	<i>Black beans & rice Sautéed vegetables Mango yogurt</i>			
	Emotion: <i>tad stressed</i>	Emotion:	Emotion:	Emotion:
MEAL	<i>Burger Fries</i>			
	Emotion: <i>busy & stressed</i>	Emotion:	Emotion:	Emotion:
SNACK(S)	<i>Apple in the morning Popcorn in the afternoon</i>			
	Emotion: <i>bored</i>	Emotion:	Emotion:	Emotion:
BEVERAGES	<i>Green tea Water Soda Wine</i>			
	Emotion: <i>tired/de-stressing</i>	Emotion:	Emotion:	Emotion:



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	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL				
	Emotion:	Emotion:	Emotion:	Emotion:
MEAL				
	Emotion:	Emotion:	Emotion:	Emotion:
MEAL				
	Emotion:	Emotion:	Emotion:	Emotion:
SNACK(S)				
	Emotion:	Emotion:	Emotion:	Emotion:
BEVERAGES				
	Emotion:	Emotion:	Emotion:	Emotion: