

## Sample Food/Mood Observation Chart

Select key tracking words so you remember what to observe. These might include: alertness, anxiety, depression, concentration, sleep, memory, cravings, energy, mood, productivity, etc.

Example:

Time of Day	Ate/Drank	Observations
<i><u>Morning</u></i>		
8:00	coffee, dry bagel	
10:30		sleepy, fuzzy head
10:45	coffee, chocolate bar	feel better
noon		really hungry
12:15	big salad	not satisfied, moody
<i><u>Afternoon</u></i>		
2:00	coffee	hard to focus
		feel unproductive
4:00		thinking about a drink
5:15		foul mood, irritated
		hard to stay alert
		driving home
<i><u>Evening</u></i>		
6:00	two drinks	relief
	salty nuts	
7:15	steak, salad, potatoes	energy low, feel OK
10:30	big glass of water	exhausted
		slept pretty well