

Name : _____

Please include all drinks.

Inside 'mood after eating' - some examples may be 'still hungry', 'tired', 'satisfied', 'craving sugar', 'low energy', 'happy', 'sad'

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Time of day						
Meal 1						
Mood 1 hour after eating						
Time of day						
Meal 2						
Mood 1 hour after eating						
Time of day						
Meal 3						
Mood 1 hour after eating						
Time of day						
Meal 4						
Mood 1 hour after eating						
Time of day						
Meal 5						
Mood 1 hour after eating						