



Food/mood diary

The best way to understand your relationship with food and mood is by filling in a food/mood diary for a few days. This will help you understand your own eating triggers and patterns and open your eyes to your individual relationship with food and how this impacts the way you eat.

Studies show dieters who make a note of everything they eat and how much exercise they do, can lose twice as much weight as those who don't. In fact, diet experts believe keeping a very careful food diary could help you lose three times as much weight as not keeping a diary at all.

Your diary will swiftly start to show up patterns: does a certain kind of breakfast leave you hungry mid-morning? Are you eating even when you're not hungry? Are you feeling hormonal? Angry? Lonely? Bored? Stressed? What could be triggering your cravings? Do alcohol, stress or tiredness affect your eating behaviours?

So be absolutely honest and make a note of everything you eat or drink, noting how hungry you are before and after, and your reasons for eating. Check how closely you're sticking to the Shrinkology food rules (right). Complete this for a minimum of four days, with two weekend days, but better still, make a note of your eating/feelings for at least a week.

There are many reasons **other** than hunger that drive us to eat. And your diary is a great way for you to start spotting patterns of eating behaviour. At the end of the week sit down and review your food diary information. Check through the sections below and ask yourself: what have you learned? Are there any clear patterns starting to form?

Hunger score

1. **Starving (weak, dizzy)**
2. **Ravenous (irritable, low energy)**
3. **Very hungry (stomach rumbling, preoccupied with food)**
4. **Slightly hungry**
5. **Neutral**
6. **Slightly full (pleasantly satisfied)**
7. **Very full (a little uncomfortable)**
8. **Stuffed (belt-loosening time)**
9. **Feeling a bit sick**
10. **Call a doctor!**

Now go to the next page to begin your own food/mood diary following the example below. Print off as many copies of page 2 as you need.

Date/Time	Food/Drink	Hunger Score	Reasons/Mood
05/01/19 12.30	Cheese and tuna melt with a diet coke	5/8 (Before and after)	Grabbed quickest option from sandwich bar to eat at desk, feeling stressed, not hungry but worried about being distracted by hunger all afternoon

