

LEARNING TO LISTEN TO YOUR BODY

(Daily Diary)

Name _____ Date _____

Complete these questions 1 to 2 hours after you have eaten

Questions:	Answers:
How is your mood before breakfast?	
<p style="text-align: center; font-size: 1.2em;">What did you have for Breakfast?</p> <p style="text-align: center;">Time:</p>	
Before Lunch Assessment of Breakfast:	
Was your breakfast satisfying to you?	
Did you need a snack before lunch?	
Did you or do you have any cravings?	
How is your mood?	
How is your energy?	
How is your mental clarity?	
<p style="text-align: center; font-size: 1.2em;">What did you have for Lunch?</p> <p style="text-align: center;">Time:</p>	
Before Dinner Assessment of Lunch:	
Was your lunch satisfying to you?	
Did you need a snack before dinner?	
Did you or do you have any cravings?	
How is your mood?	
How is your energy?	
How is your mental clarity?	
<p style="text-align: center; font-size: 1.2em;">What did you have for Dinner?</p> <p style="text-align: center;">Time:</p>	
Before Bedtime Assessment of Dinner:	
Was your dinner satisfying to you?	
Did you need a snack between dinner & bedtime?	
Did you or do you have any cravings?	
How is your mood?	
What is your overall assessment of how you felt today?	

