

LiVe Well Food & Feelings

ONE-DAY JOURNAL

This journal can help you track what you eat and how it connects to your feelings over the course of a day. Make copies, if desired, for other days.

Date: _____

Sun Mon Tue Wed Thu Fri Sat

Time	Feelings before eating <i>(see ideas on back)</i>	Hunger (1-10*)	Food choices	Fullness (1-10*)	Feelings after eating <i>(see ideas on back)</i>

*Hunger/Fullness Scale

1	2	3	4	5	6	7	8	9	10
Starving, weak, dizzy	Very hungry, low energy, stomach growling a lot	Pretty hungry, stomach is growling a little	Starting to feel a little hungry	Satisfied, neither hungry nor full	A little full, pleasantly full	A little uncomfortable	Feeling stuffed	Very uncomfortable, stomach hurts	So full I feel sick

FEELINGS LIST – Use this list for ideas for your journal.

GLAD		MAD		SAD		NEUTRAL	AFRAID
Amazed	Important	Abused	Furious	Abandoned	Hurt	Ambivalent	Anxious
Amused	Joyous	Aggressive	Guilty	Agonized	Hysterical	Apathetic	Apprehensive
Calm	Loving	Angry	Hostile	Alienated	Impotent	Bewildered	Cowardly
Cherished	Loose	Appalled	Horrified	Apologetic	Insecure	Bored	Disoriented
Comfortable	Mellow	Blamed	Irritated	Burdened	Isolated	Cautious	Fearful
Confident	Mischievous	Bitter	Manipulated	Desperate	Jinxed	Confused	Frantic
Content	Nurturing	Controlled	Negative	Disappointed	Lonely	Detached	Frightened
Delighted	Optimistic	Disapproving	Ornery	Discouraged	Lost	Distracted	Hesitant
Determined	Peaceful	Disgusted	Resentful	Disregarded	Miserable	Impartial	Panicked
Eager	Playful	Enraged	Shocked	Distant	Neglected	Impatient	Paranoid
Ecstatic	Protective	Envious	Smothered	Embarrassed	Overlooked	Indifferent	Scared
Exhilarated	Proud	Exasperated	Stubborn	Empty	Regretful	Lethargic	Suspicious
Free	Relieved	Frustrated	Victimized	Foolish	Rejected	Numb	Threatened
Fulfilled	Respected			Forgotten	Upset	Overwhelmed	Timid
Happy	Satisfied			Grief	Withdrawn	Perplexed	
Hopeful	Sympathetic			Hopeless	Worthless	Puzzled	
				Humiliated	Vulnerable	Restless	
						Uncertain	
<p>Examples:</p> <ul style="list-style-type: none"> I feel confident when I get dressed, now that I have gotten rid of clothes that don't fit me. I'm content to spend time just laughing with friends I love. I felt very mellow today. Not a lot going on. I felt relieved after talking with my friend. I felt very satisfied with the choices I made for dinner. 		<p>Examples:</p> <ul style="list-style-type: none"> I felt aggressive when my sister said I had to come to her dinner party. When I saw that news story this morning, I was disgusted. I was furious when my bicycle was stolen. I get irritated when I read the covers of most woman's magazines. 		<p>Examples:</p> <ul style="list-style-type: none"> I felt desperate looking for a new outfit for the party in only one hour. I was discouraged when I didn't get the promotion I wanted. I felt isolated eating alone in the cafeteria. I was upset when he criticized a tiny part of my work and overlooked the rest. 		<p>Examples:</p> <ul style="list-style-type: none"> I feel ambivalent about changing my behavior. I am often impatient with what seems to be slow progress. I am uncertain of what to do next. Trying this new approach to healthy eating makes me feel apprehensive. I was panicked when I couldn't find my dog. I am timid around people I don't know. 	