



FOOD/MOOD/POOP JOURNAL

NAME _____ DATE _____

	food	mood	poop
<i>morning</i>			
<i>mid-morning</i>			
<i>lunch</i>			
<i>mid-afternoon</i>			
<i>dinner</i>			
<i>late evening</i>			

8 oz of water: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

bedtime previous night: _____ wake time: _____ # times I woke up through the night: _____