

Daily Food, Mood & Poop Chart

Day _____

The purpose of tracking your food intake for this week is to help you learn about your body’s internal signals regarding food. This is meant to be exploratory and fun, so no judgment. Also no restrictions, unless you have been directed to avoid certain foods by a health care provider.

Fill in one row after you eat anything or poop throughout the day or night. If you are recording a poop, just write ‘poop’ and the time.

Time	Food & Amount	Hunger Level (Lo,Med/Hi)	Place/Activity	Energy/Pleasure/Stress/ Boredom/Other	Mood/Thoughts/ Feelings

Other Comments or Experiences: