

Food and Mood Log

The Food and Mood Log is the next step in your journey to understanding your overeating. You have already seen and hopefully tried the Hunger/Fullness Scale and are becoming more familiar with your own internal cues of hunger and fullness. Now you can take this information to a deeper level and start evaluating what time of day you eat, how do you feel when you eat and begin to notice any patterns or cues to your over eating. Remember this is not a diet, it is information. If it begins to feel like you need to deprive yourself (diet), stop and take a deep breath and write that in your Food and Mood Log. This process is about noticing when you eat, how hungry you feel when you eat and your mood. This log is not designed to be labor intensive on your part.

How to use the Food and Mood log:

Date: You do not have to write on this log every day, although you will get more feedback on your eating if you do it for many days in a row. It is critical that you do not look at this as a diet. If you begin to feel like this is a diet take a deep breath and see what makes you think you are on a diet. A diet is deprivation and I want to help you get out of the deprivation mindset (which sets you up to binge) and into a mindset that food is fuel and nourishment.

Food: The food does not have to be listed as quantities unless you want to. This is not a diet. It is an opportunity to get real with yourself about when and how much you are eating. *If you have any concerns about the type or amount of food you should eat based on your health challenges, seek out your PCP or a Nutritionist.*

Hunger and Fullness Levels: These are based on the Hunger/Fullness Scale.

Mood and Thoughts: This describes how you are feeling and what you are thinking before you eat. This will help you see if you are eating for emotional reasons. If you have trouble describing your mood- you can use the following descriptors: happy, mad, sad, scared or anxious.

Movement: This is a way to look at what you are doing physically. The goal is to move your body as much as you can. Sometimes we think we do more than we actually do, so write down how much movement you are engaging in. You can also track what kind of movement you are engaging in to make some connections between what you eat, how you feel emotionally, your hunger level and the type of movement you engage in. Make sure you do not get into the trap of seeing movement as a way to lose weight. Movement is just for movement sake and it is good for your body. *If you have any kind of physical problems or concerns, seek out your PCP to determine what activities you can engage in safely.*

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