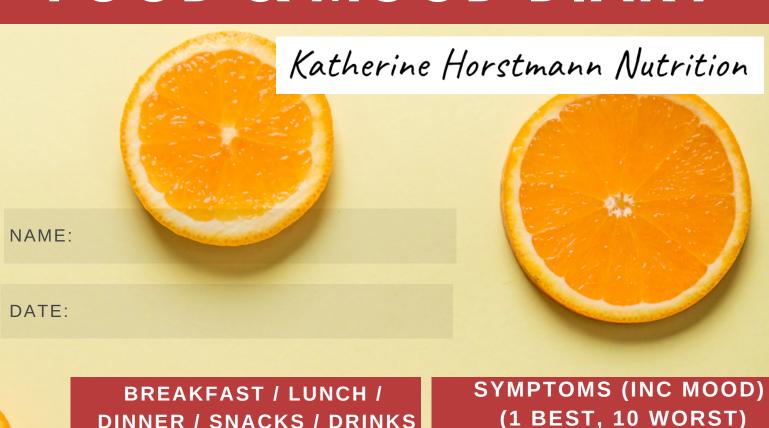
## FOOD & MOOD DIARY



## **DINNER / SNACKS / DRINKS**

(1 BEST, 10 WORST)

eg brown toast & jam, ham sandwich, apple. E.G Chicken curry, rice and a twix & Diet Coke. 2 glasses lunch and dinner. Anxiety 9/10 of water, 4 coffees

eg sluggish (9/10) and bloated (10/10) after

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

