HAVIT
HEALTH AND VITALITY INDIVIDUAL TRAINING

Food and Mood Diary:

N.B. Please note all portion sizes and quantities of alcohol and water.

Day	6 – 10am		10 – 2pm		2 - 5pm		5 - 9pm		9 - 12pm	
Monday										
Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Tuesday										
Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Wednesday										
Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Thursday										

Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Friday										
Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy

Day	**6 – 10am**		**10 – 2pm**		**2 - 5pm**		**5 - 9pm**		**9 - 12pm**	
Saturday										
Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy
Sunday										
Rate 1-2 hours after food ☹ ☺ 😐	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy	Mood	Energy