

8 WEEK  
FOOD  
&  
MOOD  
DIARY



# Welcome

I know you will find this Mood & Food diary exceptionally helpful and easy to use! I have included 8 weeks of Tracking resources for you, to help you better understand your personal connection between food and mood and outcomes.

Each week, you will start with your **Gratitude Worksheet**. Instructions are included, but know that this is done on Sunday nights as we start tracking new weeks on Mondays.

Then, starting Monday morning, you will use your weekly **Habit Tracker**, and you will have access to a daily **Food & Mood Diary**. *Try to remember to track your mood BEFORE and AFTER every meal to get the best use out of the diary.*

## **\*\*IMPORTANT BONUSES\*\***

The second last page of the Diary is a **Fitness Tracker** that you can use for the entire 8 weeks. Instructions are included.

I have also added a special “**RESET Your Morning Routine**” Sheet at the beginning of Week 1. I hope you love it!!

And to keep you motivated, I have gifted you a **7 Day Wellness Challenge** at the beginning of week 5, that I just know you will completely transform you!

Remember to check back at [www.unqopinion.com](http://www.unqopinion.com)  
For more articles, advice, courses, books, and freebies!

Sign up as a free member of Unqualified Opinion to be the first to know about new releases and members-only discounts!

# Reset

## YOUR MORNING ROUTINE

BINGING TV SHOWS LATE INTO THE NIGHT



AVOID TECHNOLOGY 1 HOUR BEFORE BED TO ENSURE GOOD REST

HIT THE SNOOZE BUTTON 5 TIMES



COUNTDOWN FROM 5 AND THEN GET OUT OF BED

NO TIME TO CHOOSE WORKOUT CLOTHES



LAY THEM OUT THE NIGHT BEFORE

DRIVE THROUGH FOR BREAKFAST



PREPARE SOME OVERNIGHT OATS FOR AN ON-THE-GO BREAKFAST

"I AM NOT A MORNING PERSON"



"MORNINGS CAN BE BUSY BUT I SET MYSELF UP FOR SUCCESS"



# GRATITUDE WORKSHEET

- Complete the first four parts Sunday night before your new week starts and review those parts every morning that week.
- Come back the following Sunday night to fill out the last two parts.

## AFFIRMATION

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## MY GOALS FOR THIS WEEK

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## HOW CAN I SET MYSELF UP FOR SUCCESS THIS WEEK?

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## I AM GRATEFUL FOR...

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## THE TOUGHEST THING THAT HAPPENED THIS WEEK WAS...

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## THE MOST WONDERFUL THING THAT HAPPENED THIS WEEK WAS...

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# HABIT TRACKER



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# 7-DAY WELLNESS CHALLENGE

## **DAY 1**

Stay off your  
phone for  
the day

## **DAY 2**

Start your  
day with  
meditation

## **DAY 3**

Explore a  
new form of  
exercise

## **DAY 4**

Eat mindfully,  
with no  
distractions

## **DAY 5**

Spend a  
minimum of 60  
min outdoors

## **DAY 6**

Spend time  
with a loved  
one or animal

## **DAY 7**

Take the day  
off for self-care

## MONDAY

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DID 30 MINUTES OF MOVEMENT (EX WALKING)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REVIEWED MY GOALS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CELEBRATED MYSELF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PRACTICED SELF CARE (EX TOOK A BATH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SLEPT 7-9 HOURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## TO DO LIST

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## NOTES

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## MONDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## TUESDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## WEDNESDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## THURSDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## FRIDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## SATURDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## SUNDAY

\_\_\_ / \_\_\_ / \_\_\_\_

### TRACK TODAY

	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



### WEEKLY SUMMARY

# GRATITUDE WORKSHEET

- *Complete the first four parts Sunday night before your new week starts and review those parts every morning that week.*
- *Come back the following Sunday night to fill out the last two parts.*

## AFFIRMATION

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## MY GOALS FOR THIS WEEK

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## HOW CAN I SET MYSELF UP FOR SUCCESS THIS WEEK?

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## I AM GRATEFUL FOR...

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## THE TOUGHEST THING THAT HAPPENED THIS WEEK WAS...

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## THE MOST WONDERFUL THING THAT HAPPENED THIS WEEK WAS...

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# HABIT TRACKER



	M	T	W	T	F	S	S
DRANK 2 - 3L OF WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DID 30 MINUTES OF MOVEMENT (EX WALKING)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REVIEWED MY GOALS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CELEBRATED MYSELF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PRACTICED SELF CARE (EX TOOK A BATH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SLEPT 7-9 HOURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## TO DO LIST

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## NOTES

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## MONDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## TUESDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## WEDNESDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## THURSDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



## FRIDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

NOTE

MOOD



## SATURDAY

\_\_\_ / \_\_\_ / \_\_\_\_

TRACK TODAY		
	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

NOTE

MOOD



## SUNDAY

\_\_\_ / \_\_\_ / \_\_\_\_

### TRACK TODAY

	BEFORE	AFTER
BREAK FAST		
LUNCH		
SNACK		
DINNER		

### NOTE

### MOOD



### WEEKLY SUMMARY

# FITNESS PROGRESS TRACKER

To be tracked weekly. If you work out more than once a week, put your personal best.

*Example: If in week 1 you only work out once and do 3 pushups, put 3. But, if in week 2 you work out three times, and your highest count of pushups was in workout two where you managed 6 pushups, put 6!*

	WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8
PUSH UPS #								
SQUATS #								
STEP UPS #								
SIT UPS #								
PLANK (MINS)								
STRETCH (MINS)								
_____								
_____								
_____								



Add your own exercises to track on the empty lines.

