HOW IT FELT · FOOD JOURNAL

Today, and how it felt

Date _____

Time _____ **Where, with whom** _____

What I had (optional) _____

Hunger before (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) **Fullness after** (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

It felt Happy Excited Grateful Confident Content Proud Calm Neutral Relaxed Curious Bored Tired Nostalgic Hopeful
Sad Angry Anxious Frustrated Overwhelmed Guilty Stressed

A note _____

Time _____ **Where, with whom** _____

What I had (optional) _____

Hunger before (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) **Fullness after** (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

It felt Happy Excited Grateful Confident Content Proud Calm Neutral Relaxed Curious Bored Tired Nostalgic Hopeful
Sad Angry Anxious Frustrated Overwhelmed Guilty Stressed

A note _____

Time _____ **Where, with whom** _____

What I had (optional) _____

Hunger before (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) **Fullness after** (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

It felt Happy Excited Grateful Confident Content Proud Calm Neutral Relaxed Curious Bored Tired Nostalgic Hopeful
Sad Angry Anxious Frustrated Overwhelmed Guilty Stressed

A note _____

Time _____ **Where, with whom** _____

What I had (optional) _____

Hunger before (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) **Fullness after** (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

It felt Happy Excited Grateful Confident Content Proud Calm Neutral Relaxed Curious Bored Tired Nostalgic Hopeful
Sad Angry Anxious Frustrated Overwhelmed Guilty Stressed

A note _____

Time _____ **Where, with whom** _____

What I had (optional) _____

Hunger before (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) **Fullness after** (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

It felt Happy Excited Grateful Confident Content Proud Calm Neutral Relaxed Curious Bored Tired Nostalgic Hopeful
Sad Angry Anxious Frustrated Overwhelmed Guilty Stressed

A note _____

Hunger and fullness, 1–10. 1–2 painfully empty · 3–4 hungry · 5–6 neutral or just satisfied · 7–8 full · 9–10 past full. There are no right numbers, only what you noticed.

HOW IT FELT · FOOD JOURNAL

The week, looking back

Week of _____

DAY	MEALS NOTED	WORDS THAT CAME UP	ANYTHING THAT STOOD OUT
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Which meal felt best this week? What was different about it?

When did I eat without really noticing?

Did one feeling keep showing up around food? When?

One small, kind thing to try next week:

Look for patterns, not grades. A week that felt hard is still information. Prefer your phone? The How It Felt app keeps this journal for you — howitfelt.app