pensio

Food & Mood Journal

5 min

Track what you eat alongside how you feel — discover the connection between food and your emotional state.

*Note**: This template is designed for personal reflection and self-awareness. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please contact a mental health professional or call your local emergency services.*

SECTION 3

What did I eat today?

Breakfast:

Lunch:

Dinner:

Snacks:

SECTION 4

How much water did I drink?

SECTION 5

How am I feeling right now? (1–10)

SECTION 6

Do I notice a connection between what I ate and how I feel?

SECTION 7

Was I eating mindfully, or on autopilot?

SECTION 8

One small food choice I'm proud of today:

Generated with Pensio
pensio.app