



EAT TO BEAT DEPRESSION - FOOD LOG

week of _____

MONDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes

TUESDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes

WEDNESDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes

THURSDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes

FRIDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes

SATURDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes

SUNDAY

Breakfast	Overall mood (1-10)
Lunch	Stool (# and quality)
Dinner	Sleep (# and quality)
Snack / Beverages	Notes