



## GOOD MOOD LOG™

Maintaining a log is documented in research studies as a highly effective way to improve health habits. Keeping track of your Good Mood foods will help you see that your favorite meals and snacks can be part of the plan, and you will be more aware of needing to eat every few hours for best results. These log pages list the highlights of your Good Mood approach. Plus, it can be fun to monitor how great you feel while losing weight.



**What I Ate**

Date \_\_\_\_\_

**Breakfast**

Bread \_\_\_\_\_  
Fruit \_\_\_\_\_  
Milk \_\_\_\_\_  
Medium-Fat Protein \_\_\_\_\_  
Fat \_\_\_\_\_  
Ounces Water \_\_\_\_\_

**Morning Snack**

Milk \_\_\_\_\_  
Very Lean Protein \_\_\_\_\_  
Fruit \_\_\_\_\_

**Lunch**

Bread \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Very Lean Protein \_\_\_\_\_  
Fat \_\_\_\_\_

**Afternoon Snack**

Fruit \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Very Lean Protein \_\_\_\_\_  
Fat \_\_\_\_\_

**Dinner**

Bread \_\_\_\_\_  
Fruit \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Lean Protein \_\_\_\_\_  
Very Lean Protein \_\_\_\_\_  
Fat \_\_\_\_\_

**Evening Cocoa**

Did you have one? \_\_\_\_\_



## “Instant Good Mood Food”™ Checklist

Even on the most busy day, log whether you are consuming these super-good-mood foods that provide virtually an instant lift (circle yes or no):

1 whole egg?	Yes	No
1 tablespoon ground flaxseed?	Yes	No
14 grams protein from whey protein powder (21 grams if you are highly active)?	Yes	No
5 to 6 cups water?	Yes	No

Comments:

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## How I Exercised

What type? \_\_\_\_\_

How long? \_\_\_\_\_

Number of steps on pedometer: \_\_\_\_\_

Comments:

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## Good Mood Bottom Line

How did I feel today? \_\_\_\_\_

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