FOOD & MOOD WEEKLY TRACKER

Track the 'colors' of your foods and moods through the week

DIRECTIONS:

1. **FOODS:** Put an X in the circle when you have had at least one serving of the corresponding food color. Foods that count are whole, unprocessed fruits, vegetables, whole grains, legumes, nuts, and seeds. The colors below are listed as **red**, **orange**, **yellow**, **green**, **blue-purple**, **brown**, and **white**.
2. **MOODS:** Log your overall moods for the day. **Red** = Angry/Frustrated; **Orange** = Playful/Adventurous; **Yellow** = Joyful/Happy; **Green** = Loving/Grateful; **Blue-Purple** = Sad/Depressed; **Brown** = Worried/Anxious; **White** = Open-Minded/Hopeful

MONDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○
TUESDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○
WEDNESDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○
THURSDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○
FRIDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○
SATURDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○
SUNDAY	COLORS OF FOODS	○	○	○	○	○	○	○
	COLORS OF MOODS	○	○	○	○	○	○	○

Research suggests that fruit & vegetable intake is associated with greater well-being.

Copyright Food & Spirit, LLC