

### Handout 5.4: Food/Mood/Thought Diary

Use a food/mood/thought log daily or weekly to keep track of any sabotaging food choices. This will help you to identify the moods and unhealthy thoughts behind your unhealthy food choices. By developing awareness, you will become more successful in replacing old habits with new ones.

Date	Time	Unhealthy Food Choice	Mood	Thoughts	Alternative Responses: Thought and Behavior

#### NOTES FOR DEVELOPING NEW SKILL HABITS

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