

FOOD & MOOD WEEKLY TRACKER

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

DIRECTIONS:

- 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**.
- 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	COLORS OF FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	COLORS OF FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	COLORS OF FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	COLORS OF FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	COLORS OF FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	COLORS OF FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLORS OF MOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

Disclaimer

This information is educational material only and is not intended to take the place of advice from your own health care provider or physician(s) or to be a means of diagnosing or treating an illness. Seek medical care from a qualified professional if you are having a health condition or symptoms. The author of this material does not accept any responsibility for your health, how you choose to use the information contained in the material, or your medical outcomes resulting from applying this information.

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