MONTH OF

TIME ↓ DATE →	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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NOTES & OBSERVATIONS:

INSTRUCTIONS:

Step One: For each entry in your food diary create a red, black or blue circle depending on how healthy the choice was for you.

ONot happy with my choice
OSatisfied with my choice
OHealthy choice

Step Two: If you ate alone color in the circle

Step Three: If your mood was bored, sadness, anxiety, worry or any other negative emotion put a circle around the circle so it look s like a bull's-eye. Like this:◎