



FOOD & MOOD JOURNAL

DAILY TRACKER FOR MORE MINDFUL EATING

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WELCOME TO YOUR FOOD & MOOD JOURNAL

We're excited you're here! What you're about to read is not your average journal... it's your **personal roadmap** to understanding the connection between what you eat and how you feel: mind, body, and mood!

We're all built differently — and understanding the unique needs of YOUR mind-body connection can help you discover your personal patterns, triggers, and habits.

By using this food & mood journal, you can:

- ✓ *Discover how different foods influence your mood, energy levels, digestive system, and overall well-being.*
- ✓ *Learn to make choices that nourish both your body and mind.*
- ✓ *Track the patterns that lead to cravings, bloating, moods, brain fog, and so much more!*

At Recoup Personal Training, we help high-achieving professionals who have spent most of their lives focused on their careers and families, often at the expense of their health.

We have a proven program that's helped over 1,000 professionals just like you lose body fat, increase energy, and achieve a sustainable healthy lifestyle without sacrificing their busy schedules. If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

Ready to dive in? Let's get going!



Committed to your success,
Stevie, Matt, & Bo

WHAT IS A FOOD & MOOD JOURNAL?

You're probably familiar with a food log, which is where you log everything you eat and drink during the day.

If you're trying to get a handle on your food habits or change your body composition (like lose weight or gain muscle)...

A food log can be an amazing tool for accountability and help you understand what you're actually eating during the day.

You can record your food in a notebook, using an app, or even a spreadsheet.

BUT...

A **food and mood journal** helps you track much more — not only what (and when) you eat... but also why you're eating, how specific foods make you feel, and even how your food intake affects your sleep and your workouts.

This can help you uncover patterns, like which foods make you feel bloated or tired, how your moods and sleep impact your food choices (and vice versa), and SO much more (as you'll see below!).





WHY KEEP

A FOOD & MOOD JOURNAL?

#1 IT HELPS YOU IDENTIFY HIDDEN HABITS AND PATTERNS.

You may be surprised by what you find after a few days of food & mood journaling.

Maybe...

- your afternoon snack habit is adding up to more empty calories than you thought
- certain foods make you feel tired or bloated an hour or two after you eat
- a bad night of sleep is leading to eating more the next day
- when you don't drink enough water during the day, you get cravings at night

Knowing this info about your body can help you upgrade your food choices and eating patterns to not only help you hit your fitness and health goals faster — but to have more energy (and just plain feel better!) during the day.

#2 IT HELPS WITH WEIGHT CONTROL.

If you're trying to shift your body composition (like lose fat or gain muscle), a food and mood journal can give you clear evidence of what's working... and what's not.

- Studies have found that monitoring your diet is linked with weight loss.¹
- It can help you zero in on things that may lead you to eat junk food — like having a bad day, a sleepless night, or eating too little at your meals.

#3 IT HELPS YOU SEE IF YOU'RE GETTING ENOUGH OF THE RIGHT NUTRIENTS.

Are you eating a balanced diet with plenty of vegetables, fruits, lean proteins, whole grains, and healthy fats? Keeping a journal will help you see at a glance.

- Getting enough protein can help with workout recovery and maintaining muscle if you're losing weight.
- Meanwhile, eating a fiber-rich diet may help you feel full, avoid cravings, and keep your digestive system happier.

Reference: 1 - www.ncbi.nlm.nih.gov/pmc/articles/PMC3268700





#4 IT HELPS YOU IDENTIFY FOOD SENSITIVITIES.

By tracking how you feel an hour or two after you eat, you can start to see a link between your food choice and how you feel.

- You may notice that certain foods make you feel bloated, gassy, tired, or cause other digestive problems.

#5 IT HELPS YOU IDENTIFY EMOTIONAL TRIGGERS.

Our emotions have an impact on our behavior. Welcome to being human!

- Tracking when and why you eat can help you uncover how your moods can affect your eating patterns — eating when stressed, happy, bored, lonely, or tired.

EAT BETTER, FEEL BETTER, *Move Better!*



Steve S.

At 47, Sr. Vice President and Dad is now in better shape than his 30's

"There are hundreds of gyms, thousands of pieces of equipment and countless variations of programming out there, but none of those gyms have the supportive, family-oriented culture of accountability that Matt, Stevie and Bo have built here at Recoup. You only need the courage to schedule that first session. I hope it improves your health and changes your life the way it did for me over 10 years ago."



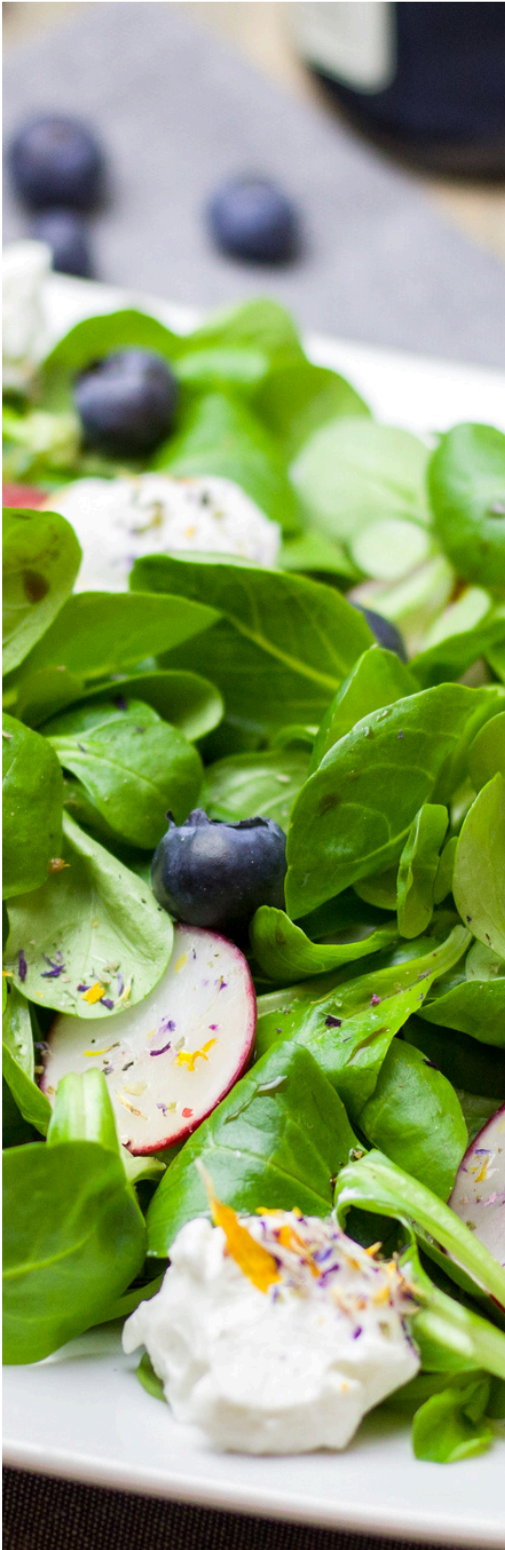
Suzi B.

Vice President, Communications and Mom got the results she was looking for!

"I love the personal attention in a group setting. They push me to do my best...while making sure I don't get hurt. I really enjoy the camaraderie with the other clients. Feels like family!"

HOW TO KEEP

A FOOD & MOOD JOURNAL



On the next page you'll find an example food & mood journal that's already been filled out, but here are a few more tips to get the most out of your journal entries:

JOURNAL THROUGHOUT THE DAY

If you wait until night to fill out your mood & food journal, it loses a lot of its effectiveness.

Not only will you probably forget a few key details, you'll miss the immediate feedback.

TRACK EVERYTHING

This is especially important if you're using your journal to track how foods make you feel after you eat them (digestive, moods, energy, etc).

BE SPECIFIC

The more detailed you are, the more intel you'll have to track your patterns — including your moods. Track portions, the little “extras” like condiments, snacks, or that Reese's you snuck in at the front desk, and what time you work out.

This can help you see how your diet might be affecting your performance and/or mental health, and vice versa.

FOOD & MOOD

JOURNAL EXAMPLE

DATE *Thursday, Aug. 13*

<i>Meal 1</i>	TIME <i>6:45am</i>	WHAT I ATE	HOW I FELT... BEFORE <i>Hungry</i>
	HUNGER SCALE 1 2 <i>3</i> 4 5	WHY I ATE <i>Wanted to give my body some healthy fuel for the day</i>	DURING <i>Happy</i> 2-3 HOURS AFTER <i>A little hungry</i>
<i>Meal 2</i>	TIME <i>Noon</i>	WHAT I ATE <i>Mediterranean Salad w/ chicken</i>	HOW I FELT... BEFORE <i>Hungry</i>
	HUNGER SCALE 1 2 3 <i>4</i> 5	WHY I ATE <i>It was lunchtime and I was ravenous!</i>	DURING <i>Hungry</i> 2-3 HOURS AFTER <i>Craving sweets</i>
<i>Meal 3</i>	TIME <i>6:30 pm</i>	WHAT I ATE <i>Salmon with Roasted Veggies</i>	HOW I FELT... BEFORE <i>Hungry</i>
	HUNGER SCALE 1 2 3 4 <i>5</i>	WHY I ATE <i>Wanted to give my body some healthy fuel for the day</i>	DURING <i>Happy</i> 2-3 HOURS AFTER <i>Happy</i>
<i>Snacks</i>	TIME <i>2:45am & 4 p.m.</i>	WHAT I ATE <i>Snack 1: Apple with walnuts</i> <i>Snack 2: Protein shake</i>	HOW I FELT... BEFORE <i>Hungry</i>
	HUNGER SCALE 1 2 3 4 <i>5</i>	WHY I ATE <i>I was hungry today! Needed a snack to fuel my workout.</i>	DURING <i>Good</i> 2-3 HOURS AFTER <i>Satisfied</i>
<i>Lifestyle</i>	GLASSES OF WATER <i>XXXXXXXXXX</i> 	WORKOUT <i>Worked out after work / before dinner</i>	WHAT I DID WELL TODAY <i>Even though I was hungry I made healthy choices</i>
	VEGGIES & FRUIT <i>XXXXXX</i> 	WHAT I DID <i>Weight training (legs) & treadmill walk</i>	WHAT I WILL DO BETTER TOMORROW <i>Get more protein at breakfast to keep me feeling full</i>
	SLEEP <i>7.5</i> HOURS	HOW LONG <i>45 minutes</i>	
	STRESS SCALE <i>1 2 3</i> 4 5	HOW I FELT <i>Strong!</i>	

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JOURNAL

DATE

Meal 1	TIME	WHAT I ATE	HOW I FELT... BEFORE
	HUNGER SCALE 1 2 3 4 5	WHY I ATE	DURING 2-3 HOURS AFTER
Meal 2	TIME	WHAT I ATE	HOW I FELT... BEFORE
	HUNGER SCALE 1 2 3 4 5	WHY I ATE	DURING 2-3 HOURS AFTER
Meal 3	TIME	WHAT I ATE	HOW I FELT... BEFORE
	HUNGER SCALE 1 2 3 4 5	WHY I ATE	DURING 2-3 HOURS AFTER
Snacks	TIME	WHAT I ATE	HOW I FELT... BEFORE
	HUNGER SCALE 1 2 3 4 5	WHY I ATE	DURING 2-3 HOURS AFTER
Lifestyle	GLASSES OF WATER 	WORKOUT	WHAT I DID WELL TODAY WHAT I WILL DO BETTER TOMORROW
	VEGGIES & FRUIT 	WHAT I DID	
	SLEEP HOURS	HOW LONG	
	STRESS SCALE 1 2 3 4 5	HOW I FELT	

READY TO TAKE YOUR *Next Steps?*

At Recoup Personal Training, our mission is to help our clients feel fit, healthy and strong in ways that work with their busy schedules and lifestyle.

If you're a high achieving professional looking for a better way to get your personal life back so you can look & feel better, we want to invite you to experience a simple & effective approach that's already gotten hundreds of people just like you amazing results.

Ways to Work With Us: Re-New YOU! Introductory Program

Start your fitness journey with our Re-New You! Introductory program. Get out of pain, do things you haven't done in years, and get your confidence back in just 3 sessions!

[BOOK A FREE 10-MIN DISCOVERY CALL](#)

Mattison, Stevie, Bo, Dani, Mikayla & Evan
We'd love to be part of your fitness/wellness journey.



Jen

*Down 29 lbs, 15.6% Body Fat,
and 10 inches in her waist!*

*"What a difference proper nutrition
and exercise will have on the body.
Never did I think I'd change the way
I eat or exercise on a daily basis. I
still eat the foods I love, just in a
modified version."*

