

Food and Mood Diary

Record the foods and drinks you or your child consume each day, including details about breakfast, lunch, dinner, snacks, and drinks. You can either log your own or your child's mental wellbeing and behaviour an hour or so after each main meal, or simply record an overall score for the day. Use a sliding scale of 1 to 5 to log these details, where:

- 1 represents high levels of relaxation and calmness.
- 5 indicates high levels of anger, anxiety, and stress (or other mood and behaviour issues you are concerned with)

A low score suggests a calm and relaxed individual. A higher score suggests that the individual has more anger, anxiety and stress symptoms.

Ideally you should aim to keep a food diary for a minimum of two weeks. Try to continue using the diary when making any dietary adjustments - this will help you recognise and keep track of any changes in mental wellbeing and behaviour.

Day/date	Food and drinks	Mental wellbeing and behaviour rating (1-5)	Overall rating for the day (1-5)
Morning Breakfast Snacks and drinks			
Afternoon Lunch Snacks and drinks			
Evening Dinner Snacks and drinks			