

## Food and Mood Journal

Date & Time	Record (1) any <b>Awareness activity</b> (e.g. 10 min meditation) (2) any <b>Physical activity</b> (e.g. 15 min walk in park), or (3) any <b>Food/Drink</b> taken	<b>Observations</b> Thoughts/ Feelings/ Mood/ Energy level

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'Care for caregivers and changemakers' using acupuncture, nutrition, massage, and meditation.