

The *Mood-Food* *Diary*

Track · Understand · Optimise

Paige Linegar

Gut-Psychologist & Nutritionist · Food & Lifestyle Medicine

— ABOUT THIS DIARY

A 4-week guided journal

to map the connection between what you eat, how you feel, and how your body responds — day by day, week by week.

What's inside:

- Why mood-food tracking changes everything
- Daily pages for every meal — mood before & after, physical symptoms, and your own chosen nutrients
- Weekly pattern review — spot the connections
- Insights planner — foods that served you, foods that didn't
- Your personal food medicine protocol

Name: _____

Start Date: _____

Why Mood-Food Tracking Changes Everything

Your Gut & Your Mood Are One System

Your gut produces 95% of your body's serotonin — the neurotransmitter most associated with mood, wellbeing, and emotional regulation. It houses 500 million neurons and communicates continuously with your brain through the vagus nerve. What you eat directly shapes how you feel, how you think, and how you respond to stress. Often within hours.

The Gut-Skin-Brain Connection

Acne, rosacea, bloating, weight fluctuations, low mood, brain fog, IBS, and chronic fatigue are not separate problems. They are signals from the same system. An inflamed gut raises anxiety. A depleted microbiome reduces serotonin. Hormonal imbalance shows on the skin. Stress rewires digestion. When we treat them together — through food, lifestyle, and psychology — the change is profound.

What Tracking Reveals

The patterns that emerge when you track food alongside mood, skin, digestion, and energy are often invisible without data. Clients discover foods that reliably lift or lower their mood. They see how stress changes digestion. They trace skin flares to dietary patterns. This self-knowledge is the beginning of lasting change — not willpower, not restriction, but genuine understanding of your own body.

How to Use This Diary

Each daily page has space to record every meal and snack alongside your mood before and after eating (1-10), physical symptoms (bloating, energy, skin, gut comfort), your chosen nutrients for the day, and any notes on stress, sleep, or emotional context. At the end of each week, use the Weekly Review to look for patterns. At the end of four weeks, the Insights Planner builds your personalised food-mood picture.

A Note on the Nutrient Pages

Rather than prescribe a fixed nutrient list, each daily page gives you space to write in your own vitamins, supplements, or foods you're tracking. You know your body. Record what matters to you — whether that's magnesium, iron, omega-3, probiotics, or specific herbal supports. Over time, the pattern of what you took and how you felt tells a story.

A Note From Paige

I developed this diary because I use this exact process with every client — and have lived it myself. The mood-food connection transformed my understanding of my own body during periods of gut illness and burnout. This diary is not about perfect eating. It is about paying attention with curiosity, not judgment. Your body is already telling you what it needs. This is how we learn to listen.

Your Scoring & Tracking Reference

Mood Scale (1–10)

1 – 2	Very low, flat, despairing or shut down
3 – 4	Low, heavy, anxious or emotionally unsettled
5 – 6	Neutral, manageable, okay
7 – 8	Good, calm, clear and energised
9 – 10	Excellent, vibrant, fully alive and present

Physical Symptoms (0–3)

0	None / not present
1	Mild / barely noticeable
2	Moderate / noticeable and affecting you
3	Significant / uncomfortable or disruptive

What to Track Each Day

- Bloating / gut comfort
 - Energy level
 - Skin clarity
 - Brain fog
 - Mood before eating
- Mood after eating
 - Sleep quality
 - Stress level
 - Appetite & hunger cues
 - Inflammation or puffiness

Common Nutrients & Their Benefits

Each daily page has blank fields for you to write in your own nutrients.

Here are common ones to consider tracking:

Omega-3 (fish oil / flax)	Anti-inflammatory, brain health, mood, skin
Magnesium	Sleep, nervous system, stress, muscle relaxation
Vitamin D	Mood, immunity, gut lining integrity, skin
B Vitamins (B6, B12, folate)	Energy, neurotransmitter production, nerve health
Probiotics / Fermented foods	Microbiome diversity, gut-brain communication
Prebiotics / Fibre	Feed beneficial gut bacteria, bowel regularity
Zinc	Skin health, immunity, gut lining repair, hormones
Iron	Energy, oxygen transport, cognitive function
Vitamin C	Antioxidant, collagen, immune and skin support
Curcumin / Turmeric	Anti-inflammatory, gut lining, brain health
Collagen	Gut lining repair, skin elasticity, joint health
Selenium	Thyroid, antioxidant, mood and immune regulation
Vitamin A / Retinol	Skin cell turnover, immunity, gut lining
CoQ10	Cellular energy, mitochondrial health, skin

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal? Y / N

Emotional eating today? Y / N

Exercise / movement? Y / N

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?Y/N

Emotional eating today?Y/N

Exercise / movement?Y/N

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

MORNING INTENTION

How do I want to feel today?

BREAKFAST

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MID-MORNING SNACK

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

DINNER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

BEFORE BED / ON WAKING

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

LUNCH

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

AFTERNOON SNACK / OTHER

Mood BEFORE: AFTER:

What I ate:

Bloating0-3

Energy0-3

Gut0-3

Skin0-3

Fog0-3

Notes:

MY NUTRIENTS TODAY

(write your own)

1.

2.

3.

4.

5.

6.

7.

8.

STRESS & BODY CHECK

Stress level (1–10)

Hunger cues normal?

Emotional eating today?

Exercise / movement?

END OF DAY REFLECTION

What went well?

Body noticed:

Tomorrow I will try:

Week 1 — Pattern Review

Daily Overview — plot your scores for each day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning mood						
Evening mood						
Energy						
Gut comfort						
Bloating						
Skin						

Which foods consistently lifted my mood this week?

Which foods caused bloating, gut pain, or discomfort?

What did I notice about my skin this week?

Connection between stress and my gut / mood?

Weekly Reflections

What gave me the most energy and clarity?

Which nutrients made a noticeable difference?

How was my sleep quality on average?

My weight / bloating trend this week:

My biggest insight from this week:

One thing I will change next week:

Message to myself:

Week 2 — Pattern Review

Daily Overview — plot your scores for each day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning mood						
Evening mood						
Energy						
Gut comfort						
Bloating						
Skin						

Which foods consistently lifted my mood this week?

Which foods caused bloating, gut pain, or discomfort?

What did I notice about my skin this week?

Connection between stress and my gut / mood?

Weekly Reflections

What gave me the most energy and clarity?

Which nutrients made a noticeable difference?

How was my sleep quality on average?

My weight / bloating trend this week:

My biggest insight from this week:

One thing I will change next week:

Message to myself:

Week 3 — Pattern Review

Daily Overview — plot your scores for each day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning mood						
Evening mood						
Energy						
Gut comfort						
Bloating						
Skin						

Which foods consistently lifted my mood this week?

Which foods caused bloating, gut pain, or discomfort?

What did I notice about my skin this week?

Connection between stress and my gut / mood?

Weekly Reflections

What gave me the most energy and clarity?

Which nutrients made a noticeable difference?

How was my sleep quality on average?

My weight / bloating trend this week:

My biggest insight from this week:

One thing I will change next week:

Message to myself:

Week 4 — Pattern Review

Daily Overview — plot your scores for each day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning mood						
Evening mood						
Energy						
Gut comfort						
Bloating						
Skin						

Which foods consistently lifted my mood this week?

Which foods caused bloating, gut pain, or discomfort?

What did I notice about my skin this week?

Connection between stress and my gut / mood?

Weekly Reflections

What gave me the most energy and clarity?

Which nutrients made a noticeable difference?

How was my sleep quality on average?

My weight / bloating trend this week:

My biggest insight from this week:

One thing I will change next week:

Message to myself:

Foods That Made Me Feel Good

After 4 weeks of tracking, record every food, drink, supplement, and pattern that consistently correlated with better mood, clearer skin, less bloating, more energy, and a calmer gut. This is your personal food medicine guide.

Foods for Mood & Calm

What consistently lifted my mood or reduced anxiety:

Foods for Energy & Clarity

What gave me sustained energy and clearer thinking:

Foods for Sleep & Recovery

What helped me sleep deeper and recover better:

Foods for Gut Health

What settled my gut, reduced bloating, or improved digestion:

Foods for Skin Health

What improved my skin clarity or reduced breakouts:

Best Meal Timing & Patterns

Meal timing or eating habits that worked well:

Foods That Didn't Serve Me

Record the foods, drinks, and patterns that consistently correlated with bloating, low mood, skin flares, brain fog, poor sleep, gut discomfort, or energy crashes. This is information — not a restriction list. Understanding your triggers is the foundation of healing.

Mood & Anxiety Triggers

Foods or patterns that lowered my mood or increased anxiety:

Energy Crashers

What caused energy crashes, brain fog, or fatigue:

Sleep Disruptors

What affected my sleep quality or recovery:

Gut & Bloating Triggers

What caused bloating, discomfort, or digestive upset:

Skin Triggers

Foods correlated with breakouts, redness, or dull skin:

Eating Pattern Issues

Timings or habits that didn't work for my body:

My Personal Food Medicine Protocol

Based on 4 weeks of data, build your personal food medicine protocol — the approach that is uniquely yours. Bring this page to your 1:1 session with Paige to guide your integrative nutrition and psychology plan going forward.

My Gut-Healing Foundation Foods

Daily foods that support my gut and microbiome:

My Key Nutrients & Supplements

What made a measurable difference to how I feel:

My Best Eating Pattern

Timing, portion approach, or eating style that suits me:

My Daily Mood-Supporting Essentials

Foods and habits that support my mental health daily:

Foods to Minimise or Avoid

What I will reduce or eliminate based on my data:

What I Want to Explore With Paige

Questions, patterns, or areas I want to dig deeper into:

The Mood-Food Diary

"Your body has been trying to tell you something.

This diary is how we learn to listen."

Paige Linegar

Gut-Psychologist & Nutritionist

www.paigenutritionist.com

Ready to go deeper?

- **Book a 1:1 Session**

Integrative Gut-Psychology & Nutrition sessions with Paige — combining registered psychological care, food and lifestyle medicine, somatic therapy, and gut-brain nutrition. Medicare rebates available.

- **The 21-Day Gut & Mindfulness Reset**

A complete 21-day program with daily gut healing protocols, guided mindfulness practices, anti-inflammatory meal plans, and nervous system regulation tools.

- **Work With Paige**

Bring your completed diary to a 1:1 session and use the data to build your personal food medicine protocol. This diary is the beginning of that conversation.