

FOOD AUDIT

Begin to notice how food makes you feel by writing out each food you eat that comes to mind into one of the two columns below.

Energy GIVING Foods

Energy DRAINING Foods



FOOD AUDIT

List the foods again, this time noting which feelings you have when you eat them. Include emotional feelings (ie: happy, sad, relieved) as well as physical feelings (ie: energetic, tired, bloated).

FOOD

**EMOTIONAL & PHYSICAL
FEELING(S)**



