



Attitude Tracker

Circle what you are feeling today. Yes, it's possible to have more than 1 feeling. I want you to think on a scale of 1-10 with 10 being the highest

Content	Lonely	Calm	Nervous	Anxious	Productive	Energetic	Angry
Cheerful	Tired	Bored	Excited	Annoyed	Worried	Elated	Annoyed
Depressed	Irritated	Happy	Stressed	Blah			

If you were a 5 or higher what was going on?

Hindsight being 20/20 is there anything you can change around this feeling?

Has this feeling been lingering for more than 24 hours?

Did your mood cause you to eat or want to eat?

If yes, at what point did you catch yourself doing that and were you able to pull up?

If yes, did I punish myself with exercise, denying food or any other way to "make up" for my over eating?

If yes, did I yell at myself for allowing that to happen? If yes, for how long?