

Food, Mood & Symptom Diary

Use this diary to track your daily food intake, mood, and any symptoms while on Mounjaro or Wegovy. This can help you and your healthcare provider monitor your progress, spot patterns, and adjust treatment if needed.

 Mood Tracker Help:

- When writing about your mood, try using words like:
 - Happy, calm, relaxed
 - Anxious, low, frustrated
 - Energetic, tired, irritable

This helps us understand how you're feeling day-to-day. You can also use a 1–10 scale if easier (e.g., Mood: 6/10).

Date	Time	Food/Drink Consumed	Mood/Emotions	Symptoms (e.g., nausea, headache)	Hydration (How much water?)

