

FOOD JOURNAL

Emotional Eating Journal

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NAME

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DATE

Instructions: Capture any urges or behaviors that you notice, especially around eating time.

MEAL TIME	WHAT DID YOU EAT?	WHAT ARE YOU FEELING, DOING OR THINKING?
7 AM	Black coffee	Remember to stay on track with diet today! Doing intermittent fasting - no breakfast. Stay strong! Did 45 minutes fasted cardio.
10 AM	Large coffee with cream & sugar Muffin	Hoping to wait until lunch time. Gave in and ate the muffin at the meeting. Feeling guilty and ashamed.
12 PM	12" Subway sandwich Diet soda	Feeling rushed and anxious. Urge to over-eat is strong. Got extra-large sub and ate it quickly. Planning longer workout tonight to make up for it.

Emotional Eating Journal (cont'd)

MEAL TIME

WHAT DID YOU EAT?

WHAT ARE YOU FEELING, DOING OR THINKING?

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