

Date: _____

Emotional eating journal

Instructions: Capture any emotions or thoughts that you notice around eating times.

Meal time

What did you eat?

What are you feeling or thinking?

Example:

7:30 AM

Small bowl of oatmeal with berries
Black coffee

Want to start today off right and not eat too much. Feeling a little worried about whether I can do that. Thinking about dropping kids off at school.

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.

12 PM

6" Subway sandwich
Diet soda

Feeling rushed. Thinking about this afternoon's work.



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