

MINDFUL EATING JOURNAL

Journal your hunger levels and the emotions* you experience around the times you eat. At the end of the day, review and summarize the emotions of the day. Then, take a few minutes to process, reflect on, and settle the events, triggers, and happenings of the day.

DAY:		
MEAL/TIME	HUNGER: 0 – 5 starving	EMOTIONS*
DAILY EMOTIONS SUMMARY		

*stressed, tired, happy, lonely, bored, angry, anxious, ignored, depressed, sad, afraid, confused, overwhelmed, embarrassed, shy, left out, hysterical, exhausted, guilty, frustrated, rejected, jealous, ashamed, worried, hopeful, irritable, numb

JOURNAL

