

DATE _____

EATING BEHAVIORS JOURNAL

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?

Example:

8AM

Whole wheat bagel and egg sandwich

Felt full and satisfied.

10AM

Large coffee with sugar & cream

Hoping to wait until lunch time. Gave in and ate the muffin at the meeting. Feeling guilty.

3PM

12" Subway sandwich
Diet soda

Feeling rushed and anxious. Urge to over-eat is strong. Got extra-large sub and ate it quickly.

EATING BEHAVIORS JOURNAL

Instructions: Capture any physical sensations that you notice throughout the day, especially after eating.

Meal time

What did you eat?

What are you feeling, doing or thinking?

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