

DATE \_\_\_\_\_

## HOW FOOD FEELS JOURNAL

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

Meal time	What did you eat?	Any physical sensations? If so, what?
Example:		
8AM	Whole wheat bagel and egg sandwich	Felt full and satisfied.
12PM	Bowl of chicken chili	Kept eating a little after I was full because I was afraid of getting hungry later.. long day.
3PM	Large coffee & protein bar	Low energy; hoping coffee would pick me up. Now I have a headache.

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