



{ My Food Journal }

Day: _____

Time	What You Ate	Where/Who	Emotions
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Time: Record the time you ate and had beverages.
What You Ate: Keep track of what you ate/drank, including all extras like condiments and coffee creamers.
Where/With Whom: Where were you (car, desk, restaurant, watching TV, rushed break at work).
Emotions: What were you feeling when you ate? Anxious? Short on time? Worried?

Notes:

Did you hit any roadblocks today?
What did you discover about your eating habits today?