

# MINDUL EATING FOOD JOURNAL

*Eat happy, be healthy, feel fabulous!*



DATE \_\_\_\_\_ Mo Tu We Th Fr Sa Su

TIME	HUNGER RATNG		PLACE	FOOD EATEN	MOOD/REFLECTION
When did you eat?	Rate your hunger on a scale of 1 to 10, with 1 = starving 10 - very full		Where did you eat? Where there distractions? Who did you eat with?	What did you eat or drink at each meal?	How did you feel before, during, & after eating?
	Before eating	After eating			

## Reflection:

Where there any events today that provoked a craving? What were they? Did you eat anything out of habit? Or because how you were feeling: bored, happy, stressed?

Were there any foods you enjoyed eating? What were they? Did you try any new foods today? Are there any new foods you want to try?