

MINDFUL EATING JOURNAL DATE

MEAL 1	TIME	HUNGER LEVEL	1 2	3 4	5	6	7	(hungry)
WHY I ATE BORED CRAVINGS	□ HUNGRY □ SOCI	AL STRESSED	□ОТ	HER _				
SATIETY LEVEL 1 2 3 4 5 6	7 (very full) HOW I FEE	L AFTERWARDS:						
MEAL 2	TIME	HUNGER LEVEL	1 2	3 4	5	6	7	(hungry)
WHY I ATE BORED CRAVINGS	□ HUNGRY □ SOCI	AL STRESSED	□ OT	HER _				
SATIETY LEVEL 1 2 3 4 5 6	7 (very full) HOW I FEE	L AFTERWARDS: HUNGER LEVEL	1 2	3 4	5	6	7	(hungry)
WHY I ATE BORED CRAVINGS		AL STRESSED						
SATIETY LEVEL 1 2 3 4 5 6	7. ((m	L AFTERWARDS						
SATIETY LEVEL 1 2 3 4 5 0	/ (very ruii) now i fee	L AFTERWARDS:						
MEAL 4	TIME	HUNGER LEVEL	1 2	3 4	5	6	7	(hungry)
WHY I ATE BORED CRAVINGS	□ HUNGRY □ SOCI	AL STRESSED	□ OT	HER _				
SATIETY LEVEL 1 2 3 4 5 6	7 (very full) HOW I FEE	L AFTERWARDS:						