



MINDFUL EATING JOURNAL

DATE \_\_\_\_\_

MEAL 1	TIME	HUNGER LEVEL	1	2	3	4	5	6	7	(hungry)
WHY I ATE <input type="checkbox"/> BORED <input type="checkbox"/> CRAVINGS <input type="checkbox"/> HUNGRY <input type="checkbox"/> SOCIAL <input type="checkbox"/> STRESSED <input type="checkbox"/> OTHER _____										
.....										
.....										
.....										
.....										
SATIETY LEVEL   1   2   3   4   5   6   7   (very full)   HOW I FEEL AFTERWARDS:										

MEAL 2	TIME	HUNGER LEVEL	1	2	3	4	5	6	7	(hungry)
WHY I ATE <input type="checkbox"/> BORED <input type="checkbox"/> CRAVINGS <input type="checkbox"/> HUNGRY <input type="checkbox"/> SOCIAL <input type="checkbox"/> STRESSED <input type="checkbox"/> OTHER _____										
.....										
.....										
.....										
.....										
SATIETY LEVEL   1   2   3   4   5   6   7   (very full)   HOW I FEEL AFTERWARDS:										

MEAL 3	TIME	HUNGER LEVEL	1	2	3	4	5	6	7	(hungry)
WHY I ATE <input type="checkbox"/> BORED <input type="checkbox"/> CRAVINGS <input type="checkbox"/> HUNGRY <input type="checkbox"/> SOCIAL <input type="checkbox"/> STRESSED <input type="checkbox"/> OTHER _____										
.....										
.....										
.....										
.....										
SATIETY LEVEL   1   2   3   4   5   6   7   (very full)   HOW I FEEL AFTERWARDS:										

MEAL 4	TIME	HUNGER LEVEL	1	2	3	4	5	6	7	(hungry)
WHY I ATE <input type="checkbox"/> BORED <input type="checkbox"/> CRAVINGS <input type="checkbox"/> HUNGRY <input type="checkbox"/> SOCIAL <input type="checkbox"/> STRESSED <input type="checkbox"/> OTHER _____										
.....										
.....										
.....										
.....										
SATIETY LEVEL   1   2   3   4   5   6   7   (very full)   HOW I FEEL AFTERWARDS:										