

# FOOD JOURNAL

Text a friend. Do yoga. Play a videogame. Find a distraction to focus on until the urge to eat passes.

Day of week	Time of day	Meal
<b>What are you eating? (List all foods and drinks consumed)</b>		
<b>How hungry are you?</b>		
<b>What are you doing?</b>		
<b>Where are you?</b>		
<b>What's happening around you?</b>		
<b>What are you thinking?</b>		
<b>How would you describe your mood?</b>		
<b>How much did you eat?</b>		
<b>How much did you think about the food?</b>		

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