

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
What are you eating? (List all foods and drinks consumed)		
How hungry are you?		
What are you doing?		
Where are you?		
What's happening around you?		
What are you thinking?		
How would you describe your mood?		
How much did you eat?		
How much did you think about the food?		

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