

# 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?<br>(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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