

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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