## **Food Journal**

Keeping a food journal is a great way to cultivate awareness around food and your eating habits.

Date and Day (pay attention to weekdays vs weekends)

Time	Type and amount of food	How hungry *	Circumstances**	Emotions***	Effects****

<sup>\*</sup> note degree of hunger on a scale of 1 - 10

<sup>\*\*</sup> note your environment – e.g. are you sitting down or standing up? Are your watching TV? Are you enjoying your meal with family and friends? Are you eating on the go, driving while snacking?

<sup>\*\*\*</sup> are you eating out of stress? Loneliness? Boredom? Sadness?

<sup>\*\*\*\*</sup> how does the food make you feel within the next 2-3 hours? Energized? Focused? Sluggish? Perk up and then crash?