

EATING BEHAVIORS JOURNAL

Instructions: Capture any urges or behaviors that you notice, especially around eating time.

Date:

Mealtime	What did you eat?	What are you feeling, doing, or thinking?
Example:		
7:00 AM	Black coffee	Remember to stay on track with diet today! Doing intermittent fasting — no breakfast. Stay strong! Did 45 minutes fasted cardio.
10:00 AM	Large coffee with cream & sugar Muffin	Hoping to wait until lunch time. Gave in and ate the muffin at the meeting. Feeling guilty and ashamed.
12:00 PM	12" Subway sandwich Diet soda	Feeling rushed and anxious. Urge to over-eat is strong. Got extra-large sub and ate it quickly. Planning longer workout tonight to make up for it.



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