FOOD JOURNALING

It's important to write down every single thing you eat daily. Include all bites and all licks.

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1. Write down everything you've eaten in the past 24 hours.

2. Make some notes on why you made the choices you did and how you felt physically throughout the day.

3. What is your ideal food journal? Write it below.

4. How do you imagine you will feel physically and emotionally when you eat this way?