

Date: _____

Eating behaviors journal

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

Meal time

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 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 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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