

MY WEEKLY FOOD JOURNAL



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|----------------------|---------------------------------------|-------------------------|
| MONDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
| What I would change: | | |

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|----------------------|---------------------------------------|-------------------------|
| TUESDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
| What I would change: | | |

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|----------------------|---------------------------------------|-------------------------|
| WEDNESDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
| What I would change: | | |

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|----------------------|---------------------------------------|-------------------------|
| THURSDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
| What I would change: | | |

MY WEEKLY FOOD JOURNAL



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|----------------------|---------------------------------------|----------------------------|
| FRIDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
| What I would change: | | |

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| SATURDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
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|----------------------|---------------------------------------|----------------------------|
| SUNDAY | Date: / / | How I felt: 😊 😊 😐 😞 😞 😞 |
| What I ate: | What I drank: | Where I ate: |
| What I would change: | | |

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| MY FOOD CUES (triggers for unwanted eating) |
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