

FOOD DIARY

When it comes to stress eating, keeping a food diary can help you see patterns or certain behaviors in how you eat when you're feeling anxious, stressed, or depressed. Follow the prompts below and record what you eat for the next 7 days to see if any patterns emerge. If you skip a meal, record that as well.

MEAL: _____ DATE: _____ TIME: _____

WHAT DID I EAT?

HOW MUCH DID I EAT?

WHY DID I EAT?

- Cravings
- Stressed
- Bored
- Hungry
- Social
- Needed Fuel

HOW WAS I FEELING WHEN I ATE?



WHAT WAS MY HUNGER LEVEL?



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