Food Journal

WORKSHEET

It can be helpful to keep a journal of what is going on when you want to eat. There is no right or wrong – just information. **Complete the following each day.**

Day	Time	Feeling	Thoughts	Choices / Decision
Mon	3:30 p	Tired, low energy	I need a Snickers for a pick-me-up. I'm not hungry - just tired and sluggish. I need an energy boost.	Snickers, coffee/soda, nap or stretch and walk around for a few minutes? Decided to have coffee and stretch.