



DAILY

Food

JOURNAL

Daily Food Journal

DATE

When did you eat?

How hungry were you?

1-starving, 5-stuffed

Before

After

What did you eat?

Where did you eat?

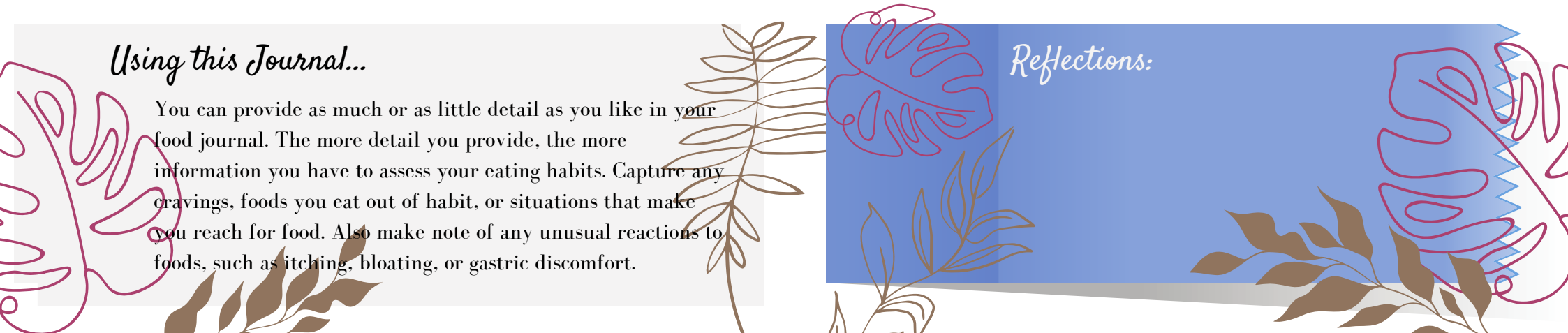
Who was with you?

What were you feeling,
doing, thinking?

Using this Journal...

You can provide as much or as little detail as you like in your food journal. The more detail you provide, the more information you have to assess your eating habits. Capture any cravings, foods you eat out of habit, or situations that make you reach for food. Also make note of any unusual reactions to foods, such as itching, bloating, or gastric discomfort.

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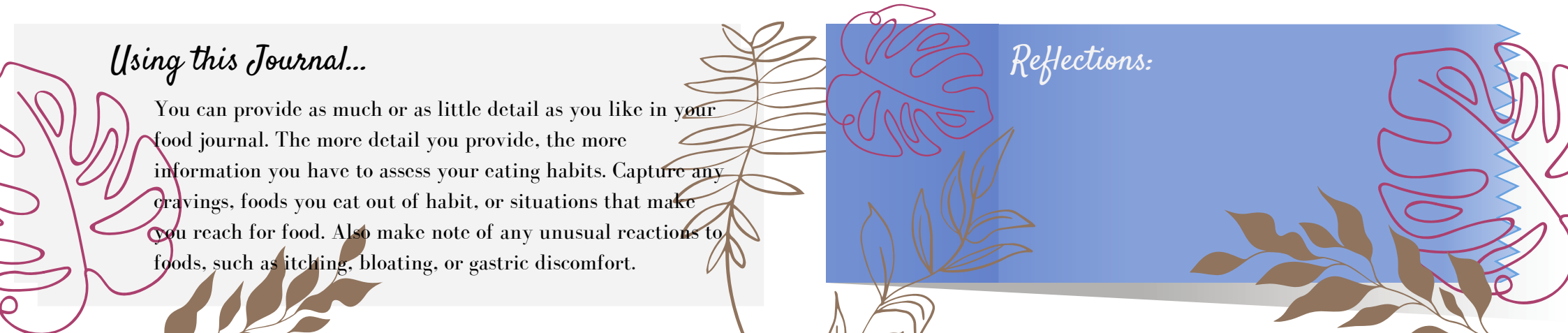
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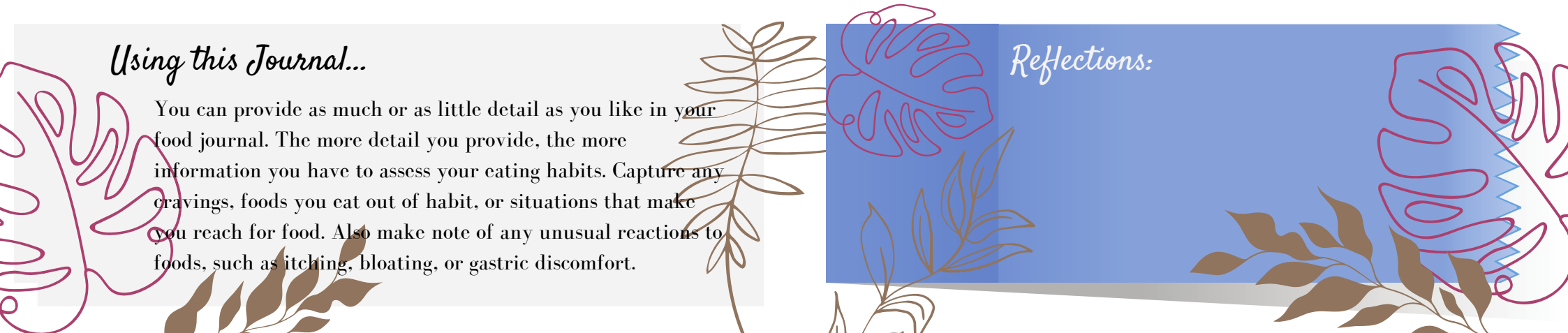
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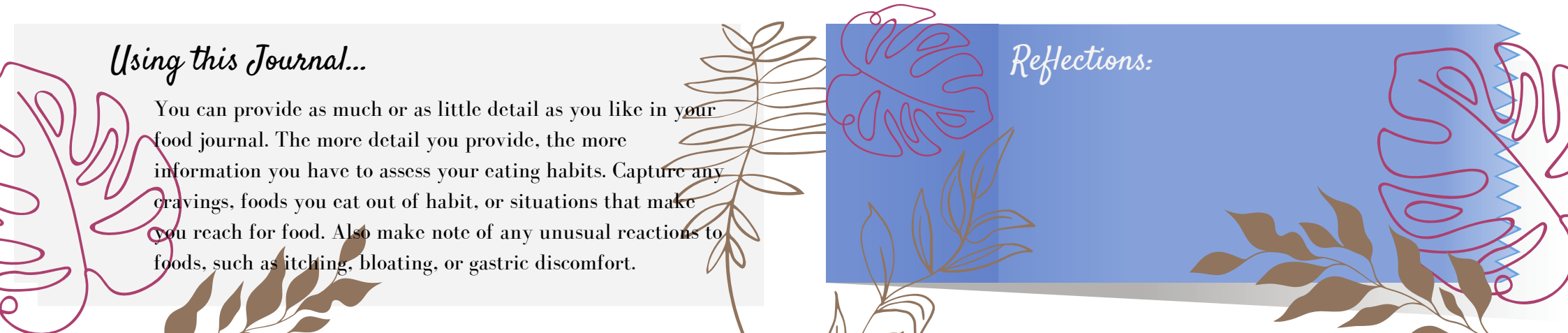
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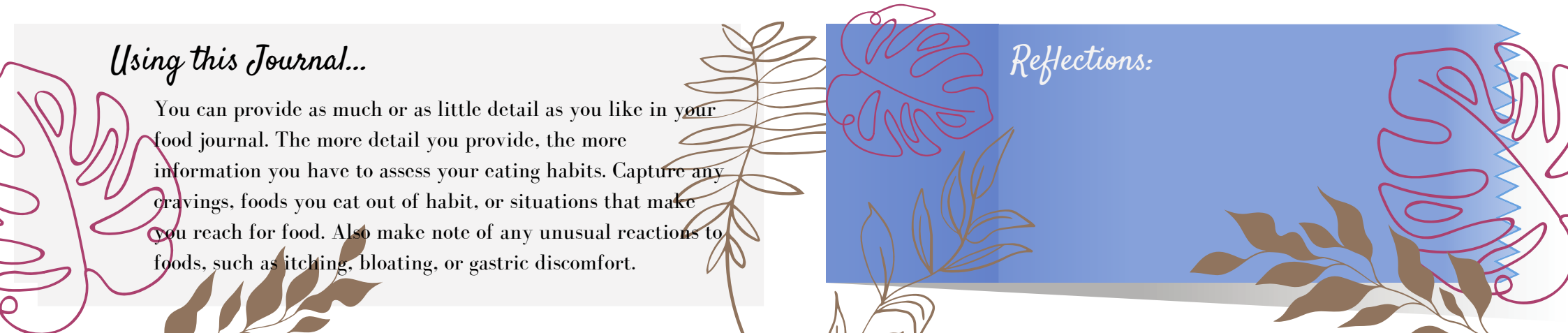
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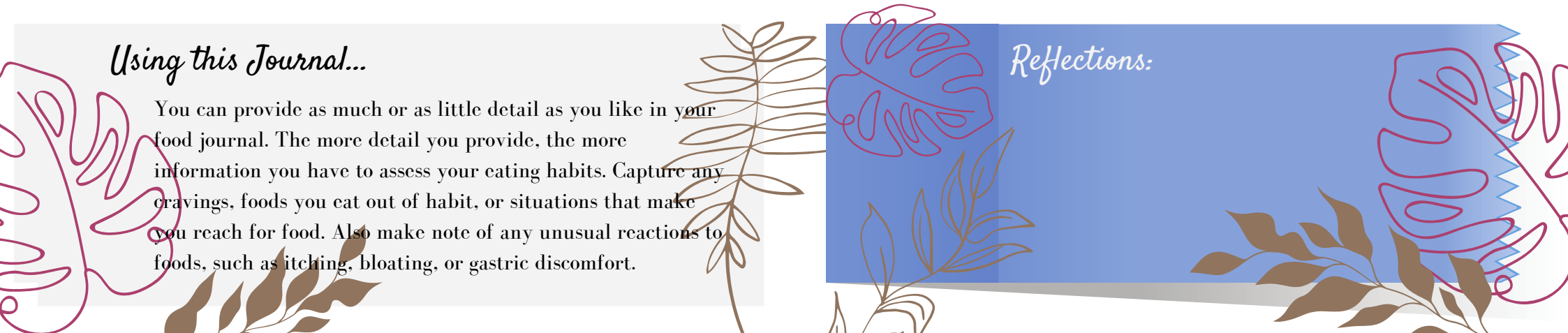
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