

# Daily Food Reflection Journal

**DATE:**

**M**  **T**  **W**  **T**  **F**  **S**  **S**

How am I feeling mentally?

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How am I feeling physically?

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Did I eat mindfully today?

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What foods did I enjoy today?

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What foods didn't make me feel good?

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What foods did I crave today? Why do I think this was?

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What can I eat tomorrow to nourish my mind and body?

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**Balance.**